

EMPLOYEE ASSISTANCE PROGRAM

WORLD MENTAL HEALTH DAY

Sunday, October 10, is World Mental Health Day, a campaign to promote mental health and raise awareness about mental illness and stigma. When we have good mental health, we are resilient, can handle life's challenges and stresses, have meaningful relationships, and make sound decisions. Mental health, like physical health, is important at every stage of life.

The same things that contribute to good physical health also apply to good mental health: eating healthy and nutritious foods, getting adequate sleep, and exercising on a regular basis. Just as you can improve your physical health with effort and persistence, you can maintain or improve your mental health.

Factors that contribute to good mental health include:

- **Effective stress management.** The ability to manage stress and bounce back from adversity comes more easily to some people than others. However, everyone can learn stress management and relaxation techniques and build on their strengths.
- **Supportive relationships.** Close connections with positive, caring people are vital for good mental health. In fact, loneliness and social disconnection are linked to some mental illnesses such as anxiety, depression, and hoarding behavior.
- **Valuing yourself.** Avoid self-criticism and put-downs and treat yourself with the same respect and kindness you would show toward your family and friends. Everyone has flaws! Take care of yourself physically and emotionally and make time for activities you enjoy.

