

MAY IS MENTAL HEALTH MONTH

5 WAYS TO IMPROVE YOUR WELL-BEING

Here are five things we can do every day to improve our mental health and well-being:

1. **Connect** – Build and strengthen relationships with the people around you. You can do this every day by meeting up with friends, having lunch with someone you work with, or joining a group in your local community. Feeling close to and valued by others, including at work, is critical to boosting well-being. When we devote time to these relationships, we feel happier and more secure, giving us a better sense of purpose.
2. **Be Active** – Look for ways to be active every day. Find something you enjoy and that suits your fitness and mobility, like running, walking, gardening, dancing, and working on projects around the house. Being active every day causes changes in our brain which can positively affect our mood and decrease stress, depression, and anxiety. Do what you can to move your body and improve your mood.
3. **Give** – Carrying out acts of kindness for other people, whether small or large, can increase happiness, life satisfaction, and a general sense of well-being. You can make someone a meal, help with a project, or volunteer at an organization. You could just ask a friend or someone you work with how they are and really listen to the answer. Giving back to others can create positive feelings and help us feel more satisfied with life.
4. **Take Notice** – To do this is to be present in the here and now. Pay attention to the world around you, nature, people, and your thoughts and feelings. Becoming more aware of the present moment boosts our well-being by helping us enjoy the world we have around us and understanding ourselves better.
5. **Keep Learning** – Practice new skills and seek information about topics that interest you. Try a new recipe, listen to a podcast, or fix something in your home. Generally being curious and seeking out new experiences at work and in life can boost your confidence and self-esteem, help you build a sense of purpose, and connect with others.

Each of these five practices have been shown to make a positive difference in how we feel and live our life. By including these simple actions in our daily routines, we can improve our mental health and well-being.

Contact EAP at 1-866-327-4762 or visit eap.calhr.ca.gov to get started.



Source:
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