



## Mental Health Minute

### Q1: January—March 2023

*A weekly points to ponder to cut-and-paste into your organization's internal communication tool (such as Slack or Basecamp), wellness portal, or newsletter. Topics cover mental health, mindfulness, caregiving, DEIA, work-life balance, mattering at work, team-growth, and self-growth.*

## January

### Week 1:

Happy New Year! You've probably set a traditional New Years' Resolution before, but have you ever set an intention for how you want to feel throughout the year? Start by selecting a feeling—such as peaceful, patient, accomplished—and begin doing activities and having conversations that bring you more of that feeling.

### Week 2:

Feeling stressed? Try boxed breathing. Inhale for 1-2-3-4. Hold for 1-2-3-4. Exhale for 1-2-3-4. Hold for 1-2-3-4. Repeat.

### Week 3:

January is Seasonal Depression Awareness Month. Seasonal depression, also called seasonal affective disorder (SAD), is a type of depression. It's triggered by the change of seasons due to limited exposure to sunlight, shorter days, and colder weather. Symptoms include feelings of sadness, lack of energy, loss of interest in usual activities, oversleeping, and weight gain. Treatments often include light therapy and talk therapy. Carebridge EAP can help you get through this. Call 800.437.0911.

### Week 4:

If you want to improve your physical health, you can exercise and change your diet. If you want to improve your mental health, you can practice mindfulness and self-awareness. As a member of Carebridge EAP, you get free access to eM Life, a mindful meditation tool available as a website and app. Go to [myliferesource.com](https://myliferesource.com) to get started.



## February

### **Week 1:**

It's American Heart Month. Yes, diet and exercise is important for heart health. But reducing stress is crucial too! If you've been dealing with stress, anxiety, and/or depression, there's no shame in reaching out for help. Call Carebridge EAP at 800.437.0911 for free, confidential mental health care.

### **Week 2:**

Normalize taking care of your mental health. Proactively take time for self-care, relaxation, mindful meditation or prayer, and engaging in activities you enjoy. Practicing preventive care will make it easier to cope when life gets hard.

### **Week 3:**

On Valentine's Day Week, practice one random act of kindness for another colleague. Watch how love spreads!

### **Week 4:**

When you get enough rest, you become less vulnerable to workplace mistakes and injuries. Here are 3 tips to better sleep: 1. Establish a bedtime routine and stick to it. 2. Avoid screens at least 1 hour before bed. 3. Write down anything that's causing worry or racing thoughts.

If these tips don't work, reach out to Carebridge EAP at 800.437.0911.



## March

### **Week 1:**

Employee Appreciation Day is Friday, March 3rd. We appreciate you and everything you do! Take a moment to think about all your wonderful accomplishments this year—as an individual and as a team member. We're proud of your hard work and dedication.

### **Week 2:**

DEIA stands for Diversity, Equality, Inclusion, and Accessibility. How do you show support of these qualities to your colleagues? Your friends? Your family? How can you be more inclusive to others?

### **Week 3:**

Carebridge EAP offers unlimited access to in-the-moment consultations with licensed mental health counselors who can help you with your immediate need for support. Want a referral to a counselor who specializes in LGBTQ+, BIPOC, and/or veterans? No problem! Carebridge will align you with a counselor who meets your needs. Call 800.437.0911 to get started.

### **Week 4:**

It's normal to feel short-term stress due to a difficult situation or project deadline. But if it lasts longer than a couple weeks, it might be more. Long-term stress can evolve into anxiety or depression. Download the Carebridge EAP App at the App Store or Google Play for free self-assessment tools.