



October 2021

OUR MENTAL HEALTH



*Live better
with EAP!*



EAP HELPLINE



E-MAIL EAP

IMPORTANCE OF MENTAL HEALTH

What is mental health?

According to Mentalhealth.gov, "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood".

Factors that can affect mental health include traumatic life experiences, such as an illness, abuse, or death in the family, genetic predisposition, if mental health issues run in the family, as well as biological factors.

Examples of mental health problems

People experience different types of mental health problems, which may include:

- Anxiety or panic attacks,
- Anger issues,
- Bipolar disorder,
- Depression,
- Borderline Personality Disorder (BPD),
- Eating disorders,
- Obsessive-compulsive disorder (OCD),
- Substance abuse,
- Schizophrenia,
- Suicidal thoughts,
- Post-traumatic stress disorder,
- And many more...

Why is mental health important?

Being mentally healthy allows us to live our lives to the fullest and fulfil our potential. It motivates us to work, learn, cultivate relationships, stay physically healthy and enjoy life. It helps us cope with problems and be a productive member of society.

Mental health is important at every stage of life. Taking care of ourselves by taking preventive measures and seeking treatment once we notice signs of mental health problems is key to ensuring we stay mentally and physically healthy throughout our lives, despite life's challenges.

EAP WEBINARS

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LIGHTHOUSE

Information & Support



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The most common mental illness is depression. It is also estimated that about 30-50 percent of people have suffered from depressive disorders at least once in their lifetime.

www.who.int

10 TIPS ON HOW TO TAKE CARE OF YOUR MENTAL HEALTH

There are many ways to ensure we stay mentally healthy. Here are a few tips:

1. **Gratitude and appreciation** – see positive (and only positive) things that have happened and that you can feel grateful for. Oftentimes we focus only on life's challenges and negative events, forgetting so many of the good things that happen to us every day and that we already have.
2. **Stay physically healthy** by eating right and exercising. Exercise releases endorphins, which make us feel good and help us stay energized, motivated and positive. A healthy diet is also important. Eating right keeps us from feeling sick or sluggish, which can also bring us down.
3. **Get good quality sleep:** practice good sleep hygiene and get help if you're experiencing insomnia. Good quality sleep is key to feeling positive and productive.
4. **Practice mindfulness or meditation** which will help you slow down, relax and be in the moment. Feeling calm can help us make better decisions and feel in control.
5. **Stay away from toxic people and arguments** as much as possible. They are not always avoidable, but to the extent that we can we should stay away from drama-inducing people and situations that are not needed in our lives. Choose your friends and battles carefully!
6. **Focus on positive relationships and connecting with others:** no man is an island and we all need to socialize. Spending time with family and friends is important to feel loved, connected and give you a feeling of belonging. Make time for those who are important in your life!
7. **Find an enjoyable hobby:** whether it's joining the local choir, taking a dance or art class, or learning a new language – immerse yourself in enjoyable activities that you look forward to, where you can learn something new, have fun and relax.
8. **Practice self-compassion and positive thinking** such as affirmations reminding yourself of all the good things about you. Don't forget that it's ok to make mistakes – they are learning opportunities and are needed for us to grow. Don't beat yourself up over every mistake or misfortune. Take a step back and see the big picture.
9. **Volunteer or get involved with a charitable organization:** helping others makes you feel good in many ways and gives you a purpose in life. It can help you put your problems into perspective when seeing others struggle on a daily basis, and it will keep you occupied in a positive and productive way.
10. **Seek help from a licensed therapist** if you feel there are things in your life you can't cope with on your own. A therapist can help you in many ways, from determining the root of the problem, which often can be enough, to teaching you how to change your thinking, as well as offering advice with regards to seeking help from other sources.

Don't wait, call now! If you or your family member might need to seek mental health care, talk to our specialists. [We are here to support you!](#)