

Improving Our Mental Health

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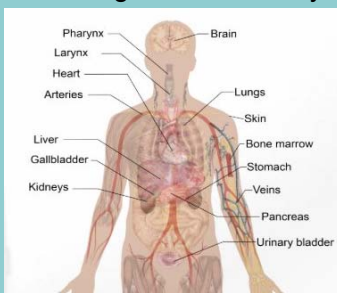
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- 26 million adults in the U.S. are affected by depression in any given year.
- 40 million adults are affected by anxiety disorders every year.
- Anxiety and Depression Association of America

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The Organs of the Body



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- Physical health and emotional health are significantly intertwined.
- The brain is an organ like any other organ in the body.
- Stress, overwork, and burnout impact our emotional health.
- Poor physical health impacts our emotional health.

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- The increased awareness of the benefits of work/life balance for our emotional health is a good start.
- However, workplace culture can be slow to change.

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- Take Good Care of Your Physical Health
 - *Good nutrition/hydration
 - *Good sleep hygiene
 - *Physical activity—exercise, movement
 - *Avoid excessive use of substances (including alcohol)
 - *Stop smoking/dipping
 - *Get your annual physical

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- Set Aside Relaxation Time
 - *Making time for relaxation contributes to our physical and emotional health
 - *We need time and space for our bodies and brains to recover
 - *Remember, we are not machines, we're humans
 - *Add pleasurable activities—produces endorphins

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- Set Good Boundaries Around Work
 - *Leave work on time
 - *Leave work at work
 - *Be mindful about your work schedule
 - *Delegate
 - *When you're off work, be off work. Manage your thoughts around work

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- Use Your Vacation Days
 - *American workers use only 51% of their vacation days
 - *Don't work while on vacation if at all possible
 - *If you have to, schedule specific times to check in; then check back out

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- Let Go of Perfectionism
 - *Sometimes "good enough" is fine
 - *Be conscious of the trade-off between pushing more and the outcome for the effort
 - *Don't let perfectionism control your life
 - *Don't control others with your perfectionism

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- Manage Your Use of Electronics
 - *It's not healthy to be always "plugged in"
 - *Turn off alerts
 - *Schedule time to check messages, email, etc
 - *Take a daily break from technology
 - *Put your cell phone in a drawer when you get home

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- Cultivate a Spirit of Gratitude
 - *Focus on what you DO have vs what you DON'T have
 - *Remind yourself of what you are thankful for
 - *Be a giver vs a taker
 - *Make the world a better place
 - *Sometimes the only thing we can change is our perspective---and sometimes that makes all the difference in the world

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