



Tend to Your Mental Wellbeing—A Quick Guide

Daily Self-care Checklist A daily self-care checklist can greatly improve your well-being. Start by practicing mindfulness for a few minutes each day to reduce stress and center yourself. Staying active through activities like walking or yoga boosts both mood and physical health. Eating a balanced diet full of fruits, vegetables, and whole grains nourishes your body, while staying hydrated keeps everything running smoothly. Finally, prioritize 7-9 hours of sleep each night and establish a relaxing bedtime routine to support rest and recovery. Consistently following these simple habits can help you feel more balanced and energized.

Workplace Wellbeing Workplace well-being can be supported by simple, intentional habits. Set a timer for a 5-minute stretch or take walks to break up your day, even incorporating physical activity into meetings. Follow the 20-20-20 rule to protect your eyes by looking 20 feet away from your screen every 20 minutes for at least 20 seconds. Schedule regular mental health days to prevent burnout and maintain productivity. Create a flexible routine that matches your personal needs and peak energy times. Finally, take advantage of health benefits, like wellness check-ups and your Employee Assistance Program (EAP), to support your overall well-being.

Recognizing Signs of Mental Health Challenges

Recognizing signs of mental health challenges is key to seeking support early. Symptoms may include persistent sadness, anxiety, irritability, or mood swings, as well as difficulty concentrating or a loss of interest in usual activities. Changes in sleep, appetite, or physical health, such as fatigue or unexplained aches, can also indicate distress. Withdrawal from social interactions or feelings of hopelessness are other red flags. Being aware of these signs helps in addressing mental health concerns before they escalate.

Create a Support System Creating a support system is crucial for maintaining mental health. Seeking counseling services provides professional guidance, while community support groups offer a sense of connection and understanding from others facing similar challenges. It's also helpful to have mental health helpline numbers on hand for immediate assistance. For example, the **988 Suicide & Crisis Lifeline** and the Crisis Text Line (**text HOME to 741741**) can offer support in times of crisis, providing a lifeline when needed most.

If you're having a hard time, your EAP can help. Call your designated BHS Care Coordinator at 800-245-1150 to speak about options for support and what resources your company may provide for you.



BEHAVIORAL HEALTH SYSTEMS