



Mosaic Counseling
Employee Assistance Program

QUESTIONS ABOUT YOUR EAP BENEFITS?
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YOUR PRIVACY IS PROTECTED BY HIPAA LAWS

MOSAIC MENTAL HEALTH TIPS

THE OFFICIAL EAP NEWSLETTER OF MOSAIC COUNSELING

Caring for Your Mental Health

**BY: NATIONAL INSTITUTE OF
MENTAL HEALTH**

[HTTPS://TINYURL.COM/MMHT-MAY24](https://tinyurl.com/mmht-may24)

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

How can I take care of my mental health?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.



When should I seek professional help?

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- *Difficulty sleeping*
- *Changes in appetite or unplanned weight changes*
- *Difficulty getting out of bed in the morning because of mood*
- *Difficulty concentrating*
- *Loss of interest in things you usually find enjoyable*
- *Inability to complete usual tasks and activities*
- *Feelings of irritability, frustration, or restlessness*

- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to friends or family members who can provide emotional support and practical help.



Refer a Loved One

Mosaic Counseling is a community option to help those you love. If someone in your life seems to be struggling with their mental health, talk to them and suggest calling us for help. With 240+ therapists specializing in all age ranges, help is available for those in need.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

How can I find help?

If you have concerns about your mental health, call us at Mosaic Counseling and we will match you with a therapist that is right for you. As an Employee Assistance Program enrollee, you will qualify for a certain number of complimentary (no-cost) visits with your matched therapist. Thanks to Mosaic Counseling's non-profit operating model, you can continue seeing your therapist with your insurance or a rate you can afford if you are uninsured or underinsured.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org. This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call 911.

Additional Resources

For non-mental health resources, community help is available and can be found using Call 2-1-1. Assistance is available for many things such as:

- Food Assistance
- Childcare Assistance
- Dental Assistance
- Rent Assistance
- Financial Assistance
- And more...
- Utility Assistance
- Tax Assistance
- Legal Assistance
- Drug Abuse Programs



Call 2-1-1 Website