



Mosaic Counseling
Employee Assistance Program

QUESTIONS ABOUT YOUR EAP BENEFITS?
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TO PRIVATELY LEARN MORE ABOUT YOUR EAP
YOUR PRIVACY IS PROTECTED BY HIPAA LAWS

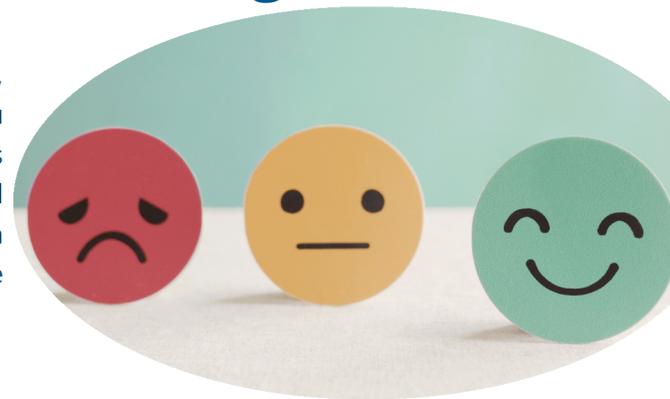
MOSAIC MENTAL HEALTH TIPS

THE OFFICIAL EAP NEWSLETTER FROM MOSAIC COUNSELING

Mental Health Self-Care: Practical Tips & Strategies

Understanding Mental Health

Mental health encompasses your emotional, psychological, and social well-being. It affects how you think, feel, and act. Taking care of your mental health is crucial at every stage of life, from childhood and adolescence through adulthood. Good mental health allows you to cope with stress, maintain positive relationships, and make healthy choices.



Building A Self-Care Routine

Self-care involves taking deliberate actions to nurture your physical, emotional, and psychological well-being. A consistent self-care routine can reduce stress, improve mood, and increase resilience. Here are some areas to focus on:

- **Nutrition:** Eat a balanced diet.
- **Exercise:** Engage in regular physical activity (at least 30 minutes of moderate exercise most days of the week).
- **Sleep:** Aim for 7-9 hours of quality sleep each night.
- **Hydration:** Drink plenty of water throughout the day.
- **Rest:** Take breaks and avoid overexertion.
- **Journaling:** Write down your thoughts and feelings.
- **Hobbies:** Engage in activities you enjoy.
- **Set Boundaries:** Learn to say no to commitments that drain you.
- **Relaxation Techniques:** Practice deep breathing, meditation, or yoga.
- **Positive Affirmations:** Remind yourself of your strengths and accomplishments.



The Power of Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. It can help you become more aware of your thoughts, feelings, and bodily sensations, allowing you to respond to situations with greater clarity and calm. Studies have shown that mindfulness practices can reduce stress, anxiety, and depression (Kabat-Zinn, 1990).

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Here are some simple mindfulness exercises to incorporate into your daily routine:

- **Mindful Breathing:** Focus on the sensation of your breath as it enters and leaves your body.
- **Body Scan Meditation:** Systematically bring awareness to different parts of your body, noticing any sensations without judgment.
- **Mindful Walking:** Pay attention to the sensation of your feet making contact with the ground as you walk.
- **Everyday Mindfulness:** Bring mindful awareness to everyday activities like eating, washing dishes, or brushing your teeth.

Nurturing Social Connections

Humans are social beings, and strong social connections are essential for your mental well-being. Social support can buffer against stress, provide a sense of belonging, and increase feelings of happiness and fulfillment (Holt-Lunstad, Smith, & Layton, 2010).

- **Make Time for Loved Ones:** Schedule regular time to spend with family and friends.
- **Join a Club or Group:** Connect with others who share your interests.
- **Volunteer:** Give back to your community and meet new people.
- **Practice Active Listening:** Pay attention and show genuine interest when others are speaking.
- **Reach Out:** Don't be afraid to initiate contact with people you care about.



Recognizing When to Seek Professional Help

While self-care strategies can be highly effective, there are times when professional help is necessary. It's important to seek help from a qualified mental health professional if you experience any of the following:

- Persistent sadness or hopelessness
- Excessive worry or anxiety
- Changes in sleep or appetite
- Difficulty concentrating
- Loss of interest in activities you once enjoyed
- Thoughts of death or suicide

Therapy, counseling, and medication are all effective treatments for mental health issues. Don't hesitate to reach out to a mental health professional if you're struggling. Resources such as the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline and the National Alliance on Mental Illness (NAMI) can help you find the support you need.

Caring for your mental health is an ongoing process that requires attention, effort, and self-compassion. By prioritizing self-care, practicing mindfulness, nurturing social connections, and seeking professional help when needed, you can significantly improve your mental well-being and live a happier, more fulfilling life. Remember, your mental health is just as important as your physical health. Take care of yourself. 🧘