

4 MENTAL HEALTH TIPS FOR CREATING AN EVEN BETTER 2022

by Harvard Pilgrim

As you work towards new goals and create healthy habits in your life, especially after enduring nearly two years in an all-consuming pandemic, don't forget to embrace and be proud of where you are and all that you are today—both physically and emotionally.

New Year's is a time for fresh starts, re-prioritizing and goal setting. As you're reflecting on the physical, professional and financial goals you hope to manifest in 2022, don't forget to take your emotional well-being into consideration.

No matter your goals for the new year, here are four positive mental health tips that'll help you feel healthier and happier along the way:

“

I may not have gone where I intended to go, but I think I have ended up where I need to be.

- Douglas Adams

Quotes sourced from *Self By Design*

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Book of the Month Recommendation

Cleaning Up Your Mental Mess

by
by Dr. Caroline Leaf

Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find help eliminate the root of anxiety, depression, and intrusive thoughts in your life.

1. Focus on self-compassion over self-improvement.

As you set goals and plans for the new year, remember to also cut yourself some slack when encountering life's inevitable bumps and slip-ups. Self-compassion is about being inwardly understanding, encouraging and kind in the face of setbacks—a reaction we commonly extend to friends and family members but can forget when it comes to ourselves. Research even shows that self-compassion can enhance performance and professional growth and has a direct correlation with high self-esteem. When you're kind to yourself, you're more likely to succeed.

2. Set (and keep) your boundaries.

Boundaries are an important aspect of protecting emotional well-being. When boundaries are respected, it allows people to feel safe, comfortable and respected. This is why they're so crucial to maintaining healthy relationships, and for improving and strengthening the relationships that mean the most to us. Setting boundaries and sticking to them can also help remind us of our values and goals, and help us prioritize the things that bring true fulfillment as we start fresh in the new year.

3. Practice forgiveness.

Hanging on to strong, negative feelings—anger, resentment, disappointment—can be a heavy weight to carry. So heavy that it can lead to chronic depression, anxiety and stress. Letting go of ill feelings and making room for understanding, compassion and empathy can help bring peace of mind and allow you to move forward in a healthier head space. In many situations, however, forgiveness can be a complicated process and easier said than done. Journaling, talking with a loved one or even speaking with a therapist can help you work toward moving forward.

4. Ask for help.

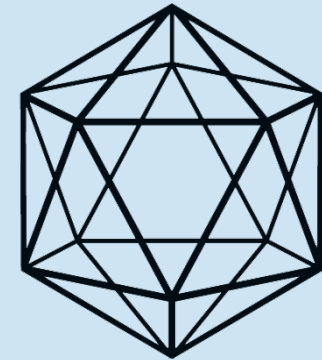
Sometimes seeking the help of others, and knowing when and how to ask can be daunting. If you're feeling overwhelmed, stressed, depressed or anxious, remember to speak up and lean on those around you—family, friends, colleagues. If asking for help is a source of discomfort and you're not sure how to get the help you need, keep in mind that there are health professionals and support options available.

For more information or advice, contact eni online at:

www.eniweb.com

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