TOTAL WELLBEING NEWSLETTER

MENTAL HEALTH AWARENESS MONTH

Monthly Wellness Challenge

Try a meditation or a new way of relaxing your mind.

May is Mental Health Awareness Month, a time to focus on the importance of caring for your mental health. Mental health is an essential aspect of overall well-being, but it is often overlooked or stigmatized. Taking care of your mental health can help you lead a happier, more fulfilling life.

Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act, and it impacts our ability to cope with stress, form healthy relationships, and make decisions. Mental health problems are common, and they can affect anyone regardless of age, gender, or background. Some of the most common mental health conditions include depression, anxiety, bipolar disorder, and schizophrenia.

Book of the Month Recommendation

First, We Make the Beast Beautiful

by Sarah Wilson

In First, We Make the Beast Beautiful, Wilson directs her intense focus and fierce investigating skills onto her lifetime companion, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism of her own experiences. Wilson offers readers comfort, humor, companionship, and practical tips for living with the Beast.

Caring for your mental health is just as important as taking care of your physical health. Just like you need to exercise, eat well, and get enough sleep to maintain physical health, you also need to practice self-care to maintain good mental health. Here are some quick tips for caring for your mental health:

1. Practice self-compassion.

Be kind to yourself and treat yourself with the same care and understanding you would offer to a good friend.

2. Take breaks.

It's important to take breaks throughout the day to recharge and refresh your mind. Even just a few minutes of relaxation can help reduce stress.

3. Connect with others.

Spend time with people who support you and make you feel good about yourself. Social connections are important for mental health.

4. Get moving.

Exercise has been shown to improve mood and reduce anxiety and depression. Find an activity that you enjoy and make it a regular part of your routine.

5. Practice mindfulness.

Mindfulness is the practice of being present in the moment and paying attention to your thoughts and feelings without judgment. It can help reduce stress and improve overall well-being.

6. Seek help when needed.

If you are struggling with mental health issues, don't hesitate to seek help. Talk to a mental health professional or reach out to a support group for help and guidance.

In conclusion, stress is a common experience, but it doesn't have to take over our lives. By identifying the source of our stress and implementing strategies to manage it, we can reduce its impact on our mental and physical health. Take the time this Stress Awareness Month to prioritize your well-being and practice stress management techniques that work for you.

For more information or advice, contact eni online at:

www.eniweb.com

Quick Tips for Dealing with Anxiety

Practice deep breathing

Take slow, deep breaths through your nose and exhale slowly through your mouth. This can help calm your nervous system and reduce feelings of anxiety.

Challenge your anxious thoughts

Identify and challenge any negative or irrational thoughts that are contributing to your anxiety. Try to replace them with more positive and realistic thoughts.

Get enough sleep

T=Lack of sleep can contribute to feelings of anxiety. Aim for 7-8 hours of sleep each night.

Limit caffeine and alcohol

Both can exacerbate anxiety symptoms, so try to limit your consumption of coffee, tea, and alcohol.

Use positive self-talk

When anxious thoughts arise, challenge them with positive self-talk. For example, if you're thinking, "I can't do this," counteract that with, "I can handle this, one step at a time."