



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



DR. T'S MENTAL HEALTH MINUTE

The World Health Organization defines wellness as “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Thus, wellness is more than health. It is about living a full and meaningful life. At the Chiefs, we believe that being mentally and physically fit is necessary for peak performance and overall happiness. Therefore, managing your mental health is vital for your personal and professional growth, and it requires dedication and attention.

Wellness is about fueling your body, engaging your mind, and nurturing your spirit. What we think about wellness is affected by our experiences and environment, and the “formula” for your personal happiness is individualized and unique to you. While there are many components to one’s wellness, there are eight core dimensions that every individual should address (occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual) to give themselves an opportunity to be emotionally healthy. Each month, we will explore a different dimension of wellness in this newsletter.

Please take a few minutes to complete the mental health signs and symptoms checklist below. This will give you a head start on identifying the dimensions that may be most important for you to focus your energy on.

SIGNS AND SYMPTOMS CHECKLIST:

- Feeling sad or down
- Inability to concentrate
- Excessive fears or worries
- Extreme feelings of guilt
- Dramatic mood changes
- Withdrawal from friends and activities
- Low energy
- Problems sleeping
- Delusions, paranoia or hallucinations
- Difficulty coping with daily problems
- Increased alcohol or drug use
- Changes in eating habits
- Increased anger or hostility
- Suicidal thoughts
- Family conflicts
- Relationship difficulties
- Problems related to work
- Legal and/or financial problems



SHAUN TYRANCE, PH.D

Team Clinician Dr. Shaun Tyrance enters his second NFL season with the Chiefs in 2020. Dr. Shaun Tyrance joined the NFL as just the second full-time team clinician hired by an NFL team. As a licensed therapist who specializes in working with athletes, Tyrance joins the Chiefs with years of experience helping players and coaches perform at their highest levels personally and professionally. His athletic experience extends across the professional and collegiate ranks, covering a wide-ranging list of sports, including football, basketball, baseball, golf and motorsports. In addition to working with athletes and coaches, Tyrance has consulted with Fortune 500 companies to help them hire the best individuals and get the most out of their employees.