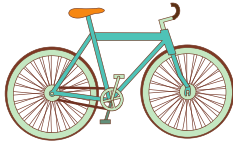


Wellness at Work

May 17th is Bike to Work Day. Try to get a group of coworkers to participate together!



Did you know?



46% of people report having retirement savings. Talk with your employers about the available retirement planning options.

Self Care Challenge



Visit a local outdoor recreation area or park to spend some time in nature. For a bonus, leave your phone at home!



The Impact of Mental Health on Individuals and Society

Mental health profoundly impacts every aspect of our lives, influencing how we think, feel, and interact with the world around us. For many, it's a silent struggle, as invisible as it is profound. Anxiety can manifest as racing thoughts and constant worry, making it challenging to focus or find peace. Depression can sap motivation and joy, leaving individuals feeling trapped in a cycle of hopelessness and despair.

These challenges extend beyond just our emotional state. They affect our physical health as well. Chronic stress, often stemming from untreated mental health issues, can weaken the immune system, increase the risk of heart disease, and exacerbate existing health conditions. Sleep disturbances, common among those grappling with mental health issues, can further compound these physical health challenges.

Moreover, mental health influences our relationships and social connections. It can strain friendships and intimate partnerships, as communication becomes fraught with misunderstanding and emotional distance. In the workplace, untreated mental health issues can lead to absenteeism, decreased productivity, and strained interactions with colleagues.

Education about mental health is crucial not only for recognizing the signs and symptoms but also for fostering empathy and understanding. When we understand how mental health impacts people, we're better equipped to support ourselves and others. By promoting mental health literacy, we empower individuals to seek help without shame or stigma and cultivate communities where everyone feels seen, heard, and valued.



988
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Work on your Mental Health

- Do a mental check in throughout the day
- Identify who is in your support system and use them when you need to
- Learn your signs of burnout and let yourself take a break
- Get enough sleep
- Eat and hydrate throughout the day
- Participate in things that bring you joy
- Start counseling or therapy

