

Stress Management + Mental Health



What is mental health? *Emotional, psychological and social well-being.* The state of our mental health affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Understanding mental health is important at every stage of life, from childhood and adolescence through adulthood.

Some stress is normal, but over-stress is definitely NOT OK. Stress and mental health concerns can sometimes be completely out of our control (*family history or biological factors*). Some people are more susceptible to over-stress. Stress and mental health concerns are a prevalent challenge in the world today. People are not alone in being stressed or having problems. It is nothing to be ashamed of. *There are many resources available at little or even no financial cost. See the back of this insert for more information.*

Symptoms of being over stressed:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

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Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time - a condition known as *chronic stress* - those "high alert" changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

Help manage stress with:

- Get enough sleep
- Exercise regularly
- Reach out to your social support network
- Set priorities
- Think positive
- Try relaxation methods
- Seek help



Resources

No cost to all full-time employees through Life Insurance:



Take advantage of *EmployeeConnect*

For more information about the program, visit GuidanceResources.com, download the **GuidanceNow** mobile app, or call 888-628-4824.

GuidanceResources.com login credentials:

Username: LFGSupport Password: LFGSupport1

Crisis Text Line: Text **4HOPE** to **741741** for free, 24/7 crisis support

Child Mind Institute Family Resource Center:

<http://www.childmind.org/resources/>

National Suicide Prevention Lifeline: Call 988

Or <https://www.samhsa.gov/find-help/988>

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