



FitBiz Watercooler Wellness

May 2019

GET WELL! - May is Mental Health Month

The month of May is recognized as Mental Health Month. Strong mental health refers to the presence of positive characteristics and influences how you think, feel, and behave. Having solid mental health doesn't mean that you never go through bad times or experience situations that cause sadness, anxiety, and stress. But just as physically healthy people are better able to bounce back from illness or injury, people with strong mental health are better at coping with adversity, trauma, and stress. Try these 6 useful solutions to keep your emotional balance intact and boost your mental health.

1. **Surround yourself with good people** – People with strong family or social connections are generally healthier than those who lack a support network. Reconnect with an old friend, invite a coworker out for lunch, or chat with a neighbor in the front yard.
2. **Keep it cool for a good night's sleep** – The optimal temperature for sleep is between 60° and 67° Fahrenheit. Aim for 7-9 hours of sleep per night, but be sure to wind down and calm the mind before putting your head on the pillow.
3. **Track gratitude and achievement with a journal** – Include 3 things you were grateful for and 3 things you were able to accomplish each day.
4. **Take time to laugh** – Hang out with a funny friend, watch a comedy, or check out funny videos online. Laughter helps reduce stress hormones and anxiety, so get giggly!
5. **Spend time with a furry friend** – There's no love quite as unconditional as the love a pet can give. Time with animals stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a local shelter.
6. **Walk it out** – Taking a walk is a healthy activity that can also allow relief from a stressful situation. If you can, try walking outside. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

Healthy Tip

Do something that brings you joy every day to increase your happiness.



FitBiz

Healthy Workforce, Healthy Bottom Line



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EVERYTHING GROWS HERE.