



Mental Health Toolkit



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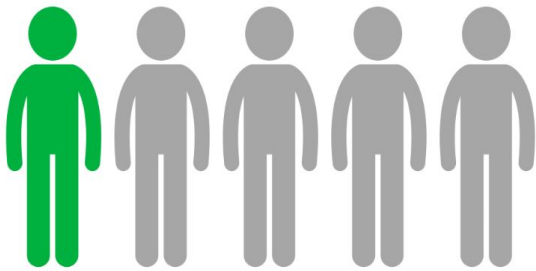


01

Understanding Mental Health

MENTAL ILLNESS CAN HAPPEN TO ANYONE!

1 in 5 Adults living in the U.S.



experience mental health conditions each year.



That equals about 43.8 Million adults in the U.S.

9 Early Warning Signs:



Feeling anxious or worried



Feeling depressed or unhappy



Emotional outbursts



Sleep problems



Weight or appetite changes



Quiet or withdrawn



Substance abuse



Feeling guilty or worthless



Changes in behavior or feelings

Mental health encompasses emotional, psychological, and social well-being, shaping our thoughts, feelings, and actions. It reflects resilience rather than weakness, influencing our capacity to adapt to challenges. Conditions vary and can affect anyone, regardless of age, gender, or background, often disrupting mood, thinking, or behavior. Seeking support and treatment are vital for managing these conditions and fostering well-being.



01

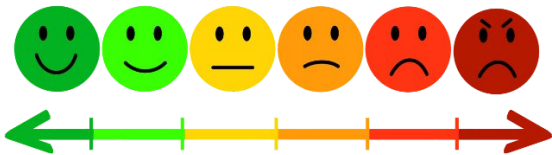
Mental Health Check-In Exercise

MENTAL HEALTH DAILY CHECK-IN

TODAY'S DATE: _____

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH TODAY?

WHAT HAVE BEEN YOUR THREE CONSTANT EMOTIONS THIS WEEK?

- 1.
- 2.
- 3.

THINGS THAT TRIGGER NEGATIVE EMOTIONS FOR ME.

WHAT DO YOU FEEL GOOD / EXCITED ABOUT RIGHT NOW?

MY RANKING OF MY MENTAL HEALTH:



Tips for Boosting Your Mental Health

10 TIPS FOR BOOSTING YOUR MENTAL HEALTH

1

Surround yourself with supportive friends, family, and/or community groups.

2

Take time to turn off and take a break from work and screen time.

3

Manage your responsibilities and stay in control, ask for help when you need it.

4

Find the right balance for you when it comes to work and personal.

5

Discover ways to unwind and relax that you enjoy.

6

Try making a list, this might help you to unclutter your mind and provide structure.

7

Get moving, this releases endorphins that boost and increase confidence.

8

Eat a well-balanced diet to keep your mental health strong.

9

Getting help is not a sign of weakness, it is a sign of strength. Ask for help!

10

Embrace, positive emotions can help stress from building up.

Employee Assistance Programs (EAPs) offer crucial support for mental wellness, providing confidential counseling, stress management resources, and tools for maintaining equilibrium. With compassionate guidance, EAPs empower individuals to thrive personally, fostering healthier lives. Reach out to your company's Human Resources for more information regarding accessible assistance.



Finding a Healthy Balance

Finding balance in life ensures that you nurture various aspects of your well-being, fostering resilience, and preventing burnout. It enables you to appreciate the richness of experiences and relationships, leading to overall fulfillment and happiness.

TOP CAUSES OF BURNOUT



High or Unclear Expectations



Lack of Control



Chronic Stress



Lack of Support



Imbalance of Priorities



Lack of Recognition or Reward

TIPS FOR A HEALTHY BALANCE:

1. **Prioritize:** Identify your core values and goals, then allocate time and energy accordingly to ensure alignment with what truly matters to you.
2. **Boundaries:** Establish clear boundaries between work, personal life, and leisure activities to prevent one aspect from overpowering the others.
3. **Self-care:** Dedicate regular time for activities that rejuvenate your mind, body, and spirit, such as exercise, hobbies, or meditation.
4. **Time management:** Efficiently manage your time by setting realistic goals, delegating tasks when possible, and avoiding procrastination.
5. **Flexibility:** Embrace adaptability and learn to adjust your plans when unexpected challenges or opportunities arise.
6. **Communication:** Openly communicate your needs and limitations to others, whether it's at work, in relationships, or within your social circles.
7. **Reflection:** Regularly reflect on your life and priorities to ensure you're on track and make necessary adjustments to maintain balance.



Mental Health Resources & Tools

Mental Health Helplines

Need Support Now?

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
- [Disaster Distress Helpline](#): CALL or TEXT 1-800-985-5990

Abuse/Assault/Violence

- [National Domestic Violence Hotline](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or [Online Chat](#)

LGBTQ+

- [Trans Lifeline](#): 1-877-565-8860
- The Trevor Project's [TrevorLifeline](#): 1-866-488-7386

Veterans/Active-Duty Military

- [Veteran's Crisis Line](#): 988, then select 1, or [Crisis Chat](#) or text: 838255
- [U.S. Department of Veterans Affairs Mental Health Resources](#)
- [Help for Military Service Members and Their Families](#)

Mental Health Tools

MHA Mental Health Test

- Determine whether you are experiencing symptoms of a mental health condition
- [Mental Health America \(MHA\) Mental Health Test](#)

MHA Stress Test

- Questionnaire to determine the degree of stress you are experiencing
- [Mental Health America \(MHA\) Stress Test](#)

Mindfulness Apps

- [Headspace](#)
- [Calm](#)
- [Stop, Breathe & Think](#)
- [Insight Timer](#)
- [10% Happier](#)
- [UCLA Mindful](#)
- [Mindfulness Coach](#)

PeopleOne Health

- [SparkUNPLUG](#)
- [Create a Positive Mindset](#)
- [Manage Your Stress the Mindful Way](#)
- [Your Guide to Gratitude and a Happier Life](#)
- [Introduction to Mindfulness](#)

