

E-BULLETIN

ACHIEVING OPTIMUM HEALTH & WELLBEING

Mental Health, it's the way our thoughts, feelings, & behaviours affect our life. Good mental health leads to positive self image a in turn, satisfying relationships with friends & others. Having good mental health helps us make good decisions & deal with life's challenges at home, work, or school.

Life can take a toll on our mind and body.

Death, divorce, job loss, chronic illness - these situations can bring both tremendous stress & distress into our lives. Even daily stressors, the kind we think we can handle, can eventually overwhelm us, throwing our lives out of balance and affecting both our psychological & our physical health.



Daily Stressors Include:

- **Our Job:** Fewer people doing the same amount of work. Late hours, demanding bosses. Disharmony among co-workers.
- **Our Family:** Trying to make a marriage work. Making ends meet. Troubled teenagers. Caring for young children & ageing parents. Challenges of dual careers.
- **Our Physical Health:** Headaches. Getting sick from being stressed out. Recovering from a life-threatening illness. Learning & how to live with a chronic disease.

It is not uncommon for mental health problems to go untreated. We can ignore mental health problems thinking we would 'snap out of it', or believe it's something to be ashamed of. However, these types of thoughts may prevents us from getting the help we need. Sometimes getting help is simply a matter of changing our mind.



IT'S TIME TO TALK TO MYEAP WHEN:

- We want to prevent life's stressors from threatening our physical health.
- We want to build our confidence & resilience to meet challenges head-on.
- We want to gain a mental edge to be our best at our job & with our family.
- Either ourselves or someone in my family has been diagnosed with a chronic illness.
- We're overwhelmed and can't handle the problem ourselves.

FOR A HEALTHY MIND & BODY, TALK TO MYEAP

MyEAP can help to overcome the challenges & stresses faced every day by working with us to create strategies that build resilience.

Talking to **MyEAP** can help us deal with overwhelming emotions and life stressors.

When making the decision to reach out for professional help, talking to someone we trust & feel comfortable with is important. While a good friend can listen, a counsellor has the skills & professional training to help us learn to manage our thoughts and feelings & improve our overall wellbeing.

MyEAP has counsellors trained to help us cope more effectively with life problems. A counsellor can help us to identify our problems & develop positive coping strategies. They can also help us to change negative behaviours or habits by finding constructive ways to deal with a situation. Seeking support from a trained professional can significantly improve our physical & mental well-being.