

# Tips for Mental Wellness Month



Chances are you work hard to maintain your physical well-being. Hopefully, you go for yearly checkups, get a flu shot, eat a healthy diet and so on.

But what do you do to protect your mental wellness? Mental wellness isn't just an absence of mental illness. It's about living with a mindset that promotes good mental health.

## Learn more about yourself with this short quiz

The statements below reflect thoughts and practices that support mental wellness. How many of these statements can you say "yes" to?

1. I recognize and remind myself of my strong points instead of dwelling on my shortcomings.
2. I give myself credit for things I accomplish.
3. I can bounce back after something bad happens.
4. I have friends and family to turn to if I need help or support.
5. I don't expect myself or others to be perfect.

6. I see my mistakes as chances to learn something new.
7. I try to see the positive side of life.
8. I socialize with people I like.
9. I use tools like meditating, deep breathing, taking walks or doing yoga to help myself de-stress and relax.
10. I take care of my whole self: I exercise, get enough sleep, eat healthy food and take vacations and breaks.

How did you do? If you answered "yes" to all questions, good for you! You've got a very optimistic outlook. That can help maintain good mental wellness.

If you have one or more "no" responses, you may want to work on some of these positive mental attitudes. You'll get more happiness and satisfaction out of life when you make mental wellness part of your self-care every day.

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