

Maintaining Your Mental Health



Maintaining your mental health is an ongoing process that requires effort, patience and self-awareness. By incorporating simple yet effective habits into your daily routine, you can significantly improve your mental health. One of the most important things you can do is prioritize self-care, which can mean different things to different people. For some, it might involve taking a relaxing bath or practicing yoga, while for others, it could be as simple as taking a short walk outside or reading a book.

Here are some practical ways to support your mental health:

- **Practice mindfulness.** Regular mindfulness exercises can help reduce stress and anxiety by keeping you grounded in the present moment.
- **Build healthy relationships.** Nurture your relationships with friends, family and loved ones to build a strong support network.
- **Get moving.** Exercise in ways you like. Exercise can help you feel better and stay mentally healthy.
- **Get enough sleep.** Aim for 7-9 hours of sleep per night to help regulate your mood and reduce fatigue.
- **Practice gratitude.** Focusing intentionally on the positive aspects of your life and regularly reminding yourself of what you have to be grateful for is a good way to disrupt negative thinking.
- **Set boundaries.** Learn to say “no” and protect your time and energy to maintain both your personal wellness and relationships.
- **Seek professional help.** If you’re struggling with your mental health, don’t hesitate to reach out to a mental health professional for guidance and support.

By using these habits every day, you can take steps to keep your mental health healthy and be more resilient to life’s challenges.

DESTIGMATIZING MENTAL HEALTH

Talking about mental health can be challenging, but it’s a crucial step in destigmatizing it. When discussing mental health, it’s essential to create a safe and non-judgmental space where people feel comfortable sharing their experiences. You can start by being open and honest about your own mental health journey, which can help others feel more at ease. Using “I” statements instead of “you” statements can also help to avoid coming across as accusatory or prescriptive. For example, saying “I’ve struggled with anxiety” rather than “you should try this” can help to build trust and rapport.

Here are some additional tips for talking about mental health and destigmatizing it:

- **Use person-first language.** Instead of saying “I’m depressed,” say “I’m experiencing depression.” This helps to separate the person from their condition.
- **Avoid stigmatizing language.** Refrain from using words or phrases that perpetuate negative stereotypes or stigma around mental illness.
- **Listen actively.** When someone opens up about their mental health, listen attentively and without judgment.
- **Be patient and understanding.** Recognize that mental health journeys can be complex, so be patient and supportive.
- **Educate yourself.** Continuously learn about different mental health conditions and the experiences of others to become a more informed and empathetic supporter.

By following these tips, you can help create a more supportive and inclusive environment for discussing mental health.

Learn more: psychologytoday.com/us/blog/stonewall-strong and samhsa.gov/mental-health

Mental health in the workplace

Mental health in the workplace is an important issue that affects not only employees' wellbeing but also the overall productivity and success of an organization. A good work environment can help people feel better about themselves. A stressful or unhelpful work environment can make mental health problems worse. By acknowledging the importance of mental health and taking proactive steps to address it, you can create a healthier and more inclusive workplace culture.

Some common causes of mental health issues at work include being treated unfairly and without respect, not having enough help and support from managers or coworkers, and the lack of a work-life balance.

Here are some ways to sustain your mental health and encourage conversations about mental health in the workplace:

- **Create an open conversation.** Don't be afraid to talk openly about your mental health with trusted colleagues or supervisors when you are struggling. Sometimes, simply saying that you are struggling can be a step towards getting the support you need. This will also normalize and destigmatize mental health conversations in your workplace.
- **Use available resources.** Take advantage of mental health resources offered by your organization. These may include counseling services, employee assistance programs or mental health days. Ask your human resources department about these resources and how to access them.
- **Set boundaries around your work-life balance.** Build a healthy work-life balance by setting realistic expectations with your team and manager. If you are feeling overwhelmed, discuss workload management with your manager to find a solution.
- **Monitor and address your stress levels.** Pay attention to the sources of stress in your workplace and take steps to mitigate them. This might include planning ahead of time if a deadline is coming up, prioritizing tasks and projects, taking regular breaks, and practicing stress-reduction techniques like meditation or deep breathing throughout the day.

You might also consider:

- Building a support network of coworkers who can collectively offer each other help and guidance.
- Participating in employee wellness programs or mental health initiatives.
- Providing feedback to your organization on how to improve mental health support.

By taking these steps, you can reduce your own stress while contributing to a more supportive work environment.

Learn more: [who.int/news-room/fact-sheets/detail/mental-health-at-work](https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work)

MUSHROOM BEEF SLOPPY JOES



This is a kid-friendly, healthy dinner recipe! Chopped mushrooms, when sautéed, blend seamlessly with ground meats to make for a healthy, kid-friendly dinner recipe.

Makes 4 servings.

Ingredients:

- ½ pound ½ white button mushrooms
- ½ pound cremini mushrooms
- ¼ pound ground beef (90% lean)
- 1½ teaspoons canola oil
- ½ cup onion, chopped
- 1 clove garlic, minced
- 8 ounces tomato sauce (no-salt-added)
- 1 tablespoon chili powder
- 3 teaspoons brown sugar
- 1 teaspoon cider vinegar
- ⅛ teaspoon black pepper, ground
- 4 hamburger buns (whole-wheat)

Directions:

Before you begin, wash your hands.

1. Chop mushrooms to approximate size and texture of cooked ground beef.
2. Heat a sauté pan over medium-high heat.
3. Add ground beef and mushrooms.
4. Sauté until ground beef is done.
5. Remove mushroom-beef mixture from pan.
6. Add onions and garlic to pan; cook until golden.
7. Return mushroom-beef mixture to pan, along with remaining ingredients.
8. Simmer about 10 minutes; remove from heat and serve over the hamburger buns.

NUTRITION INFORMATION

Calories per serving	274
Fat	11 g
Saturated Fat	2 g
Carbohydrates	32 g
Protein	13 g
Total sugars	8 g
Sodium	311 mg
Cholesterol	16 mg