

# HENRY COUNTY EMPLOYEE

## Mental Health and Wellness

### ATTITUDE OF GRATITUDE

**Jot down things that made you smile today.**

If you want to end every day on a positive note, and improve your mood, try making a list of at least 3 things that made you smile that day. If you track the happy moments in your day to day life, you can move your focus away from the negative and find more reasons to smile.



### 8 DIMENSIONS OF WELLNESS

Wellness is more than just physical health. It's more than diet, exercise, and nutrition. Wellness consists of the integration of our physical, mental, and spiritual well-being. Finding the balance of these 8 dimensions will help you to be happier and more fulfilled. Take a moment to look at each dimension of your personal wellness. What habits can you incorporate to nourish your mind, body, and spirit? Wellness is a daily journey to find balance.

### MINDFULNESS MOMENT

Mindfulness is the practice of being present in the moment. You can accomplish this by simply pausing and noticing how you feel and taking a few deep breaths.

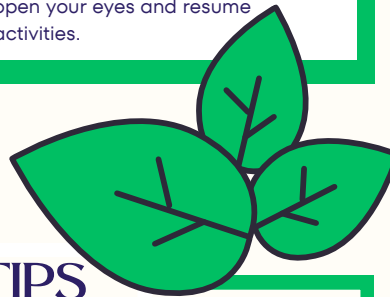
One quick mindful activity from the Center of Healthy Living at Kaiser Permanente can be done in just 1 minute:

1. Sit up straight, but not stiffly, in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing, as you follow each breath in and out.
4. After 1 minute (or longer), gradually open your eyes and resume activities.



### SHARECARE MONTHLY CHALLENGE

Have you signed up for the ShareCare Sleep Challenge? Did you know you are supposed to get at least 7-9 hours of sleep each night? Join this month's sleep challenge and start making little changes in your sleep habits that could help you catch more zzz's and improve your overall health. Complete and track 7-9 hours of sleep for at least 21 days to earn 40 points. Log in and sign up today!



### EXERCISE TIPS

It's recommended that adults get at least 150 minutes of moderate physical activity each week. This could be 30 minutes a day, five days a week. That time can come from each of these 3 categories:

**\*\*Always remember to consult with your physician before beginning a new exercise routine.**

#### Light Intensity

- Walking at a normal pace.
- Cycling slowly.
- Stretching.
- Playing catch.

#### Moderate Intensity

- Skateboarding.
- Walking Briskly.
- Yoga.
- Weight Training.
- Basketball.

#### Vigorous Intensity

- Football.
- Volleyball.
- Martial Arts.
- Running/Jogging.

### WE'RE HERE TO HELP

Jeff Rader, LCSW is Henry County School's Coordinator of Employee Relations, and provides support to employees who may be struggling emotionally or financially. You can make referrals by contacting him directly at 404-550-4745 or by completing this form.



For more information about these topics or any others related to mental health and wellness, see your building Mental Health and Wellness Facilitator

## HELPING YOU COPE WITH STRESS

Stress often starts as something harmless. It is a part of life that affects everyone. Short-term pressures and stressful situations such as moving or traffic can be harmless. Stress can even help you focus your energy and effort toward performing your best. When you experience stress over time or many challenging situations all at once, you can begin to have challenges.

## STRESS WARNING SIGNS

Knowing your stress level is too high is important. Here are some warning signs:

- Chest, neck, or back pain
- Frequent anger, irritability, or sadness
- Headaches
- Inability to focus or remember things
- Lack of energy
- Muscle tension
- Nail biting, teeth grinding, or jaw clenching
- Skin breakouts
- Eating changes, such as eating too much or eating less
- Sleep problems
- Upset Stomach

• Adapted from Anthem SHBP "Helping you cope with stress"

**Free Confidential Help for Your Mental Health is Available**

Free Confidential Counseling, Free Legal Consultation, Free Financial Consult, Informational Website, Child and Elder Care Referrals and Resources, Daily Living Referrals and Resources, Essential Wellbeing.

Many free, valuable, and confidential services and resources are included in the **Georgia Public Education Employee Assistance Program (EAP)**, all of which are focused on building and maintaining your mental and emotional wellbeing. The EAP is available to ALL public-school, PreK-12 teachers and K-12 employees who work at least 29 hours a week.

**Services and Resources**

- Up to four free counseling sessions per issue, per year with a licensed counselor
- Free 30-minute consult with an experienced attorney; reduced fees for additional time and services
- Free 30-minute consult with a financial professional; reduced fees for additional time and services
- Referrals to available care and resources for your loved ones
- Assistance finding services for such daily life issues as home repairs, moving, pet care and travel planning

**Important Facts to Know**

- A master-level clinician is always available to help
- Assistance is offered 24 hours a day 7 days a week 365 days a year
- Household members and dependents up to the age of 26 are eligible for ALL services
- EAP is provided as a partnership with Georgia Department of Education and Acentra Health, formerly Kepto

**How to Contact**

- Call **866.279.5177** for services, referrals and questions
- Informative interactive website at [www.eaphelpink.com](http://www.eaphelpink.com) code: GaDOE

Acentra HEALTH | Accelerating Better Outcomes | GaDOE



## LONG-TERM STRESS CAN DAMAGE YOUR HEALTH

Studies show a link between long-term stress and health problems including:

- Heart Disease
- Digestive Problems
- Asthma
- Anxiety or Depression
- Obesity
- Memory Problems
- Skin Problems

Talk with your family doctor if you are experiencing any of these or other health problems.

## REDUCE YOUR STRESS

To help lower stress, try:

### 1. Improve situations that you can control

- Set realistic goals on what you can do
- Plan ahead and develop a routine, such as going to sleep at the same time each night
- Prioritize what's important when many things need your attention
- Ask for help from family and friends

### 2. Find ways to manage stress:

- Try relaxation techniques such as deep breathing and meditation
- Start an exercise routine, under the advice of your physician
- Confide in trusted friends or loved ones
- Contact the HCS Employee Assistance Program for other stress management techniques.