

HENRY COUNTY EMPLOYEE

Mental Health and Wellness

DID YOU KNOW?

Sharecare now offers rewards for completing your preventative screening exams like colonoscopy, mammogram, pap smear, or prostate screening by December 2, 2024.

You can earn 60 points per exam (up to 2 exams for a total of 120 points during the program year). So get those preventive screenings scheduled now to earn your reward points!



Log in to your Sharecare account to track your progress.

www.sharecare.com



5 MINUTE SELF-CARE

Self-care doesn't have to be complicated. It can be completing small tasks now so that you are not stressed later or pausing what you're doing to enjoy the moment. Try these 5 minute tasks to build some self-care into your day.

-  Make Your Bed
-  Drink Water
-  Light a Candle
-  Eat a Healthy Snack
-  Declutter
-  Write Affirmations
-  Make Plans
-  Listen to Music



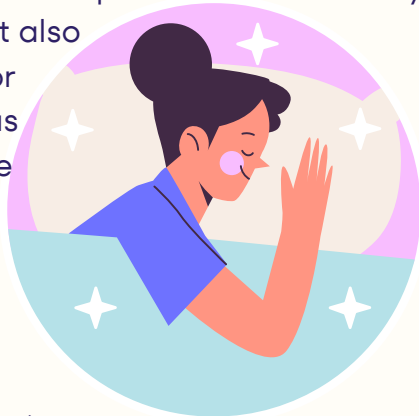
For more information about these topics or any others related to mental health and wellness, see your building Mental Health and Wellness Facilitator

FREE RESOURCE SPOTLIGHT



“Just like our electronics need to be charged, sleep may recharge or reset the brain to optimize functioning,” says Elizabeth Blake Zakarin, an assistant professor of psychology (in Psychiatry) and a clinical psychologist at the Columbia University Clinic for Anxiety and Related Disorders.

Many of us know that we feel better after “a good night’s sleep” and more grumpy or foggy if sleep-deprived. And there is now robust evidence similarly supporting that sleep is critical to not only our physical health but also our mental health. Poor or insufficient sleep has been found to increase negative emotional responses to stressors and decrease positive emotions.



(Adapted from Columbia Psychiatry.)

One option, recommended by Jeff Rader, LCSW, Henry County School’s Coordinator of Employee Relations, is an app called CBT-i Coach. This app is a free, easy-to-use app released by the Department of Veterans Affairs (VA) in 2013. Please note that while CBT-i Coach can be used on it’s own, it is not meant to replace therapy for those that need it.

WHAT IS CBT-I? CBT-I is a non-medication evidence-based treatment for insomnia that is based on scientific knowledge about sleep. The goals of CBT-I are to help you fall asleep and stay asleep. When your sleep improves, so will your daytime functioning. The “cognitive” part of CBT-I focuses on your thoughts and feelings about sleep. The “behavioral” part helps you change habits to help you sleep better.

LEARN ABOUT SLEEP Read articles on topics, like:

- The stages of sleep
- PTSD and sleep
- Nightmares

USE TOOLS TO HELP YOU SLEEP Get tips on how to quiet your mind before you sleep and prevent insomnia in the future. The tools section of the app can also help you create new sleep habits, like:

- Going to bed only when you’re sleepy
- Getting out of bed when you can’t sleep
- Setting up a sleep environment that is quiet, dark, safe, and comfortable