



RETIREE BENEFITS

News

LUMEN®

Take Care of Your Mental Wellbeing

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel and act. It also determines how we handle stress, socially interact with others, and take care of our physical health. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Use these the below tips to achieve better mental health so you can feel your best.

Be Physically Active

Physical activity releases feel good chemicals called endorphins and helps maintain physical health, which can contribute to mental wellness. Aim to get at least 30 minutes of physical activity each day. Go for a walk, bicycle ride, or do some gardening.

Eat Nutritious Food

Nourish your body with nutritious foods like fruits and vegetable so your body can have the essential nutrients it needs so you can function at your best.

Sleep Well

Sleep allows us to rest, recover, and recharge. Getting at least 7-9 hours of sleep each night is important for mental wellness.

Remain Optimistic

Keeping a positive attitude is crucial to staying mentally healthy. Focus on positive aspects of your current situation and constantly practice gratitude. Speak positively to yourself and create a personal mantra to help build confidence each day.

Stay Connected

Isolation is toxic to mental wellbeing. As humans, we have the need to connect, relate, and support. When face to face connection isn't possible, the good news is that technology has provided other avenues of connection like phone call and video conference

Do Something You Love

Engaging in a hobby or something we love helps us express our creativity and learn and share new skills. Engaging in a hobby, listening to music, reading a book or going to see a movie can help you feel calm and feel good.

Be Realistic

Give yourself realistic goals. Make your personal and professional goals small and achievable. And stay kind to yourself, avoiding being self-critical and reminding yourself that each small achievement is one step closer to your goal.

Get Help When You Need It

Seeking help is a sign of strength, not weakness; and treatment is often effective. People who get appropriate care can reduce feelings of stress, anxiety and depression, recover from mental illness, and lead full, rewarding lives.

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