



Most of us understand the importance of ‘wellness’ and keeping physically fit and healthy. While you may not always prioritize all elements of physical health equally—perhaps you’re proactive with scheduling doctor’s appointments but not so proactive when it comes to daily exercise—it’s on your radar as something to care about and work towards, both in and out of the workplace.

But what about your overall ‘wellbeing’? While wellness is body-centered, wellbeing is more holistic—it accounts for your mental health as well as your physical health. Increasingly, research shows that there is a powerful mind-body connection between your physical and mental health. There are parts of the brain that process emotions and mental states, and those parts are connected by neurological pathways to your spinal cord, muscles, cardiovascular system, and digestive tract. Have you ever felt butterflies in your stomach when you’re nervous? Have you ever been under intense stress and felt like your heart was pounding out of your chest? Stress and anxiety can even impact your overall immune system, as stress hormones can suppress the immune system and leave you more vulnerable to illness.

“Stress and anxiety can impact your overall immune system, as stress hormones can suppress the immune system and leave you more vulnerable to illness.”

So how can you start building a plan for wellbeing? Here are some easy ways to start proactively thinking about your mental health and getting support to be the healthiest you can be.

1. Assess Where You Are

We often don’t make mental health a priority because we

assume all our physical symptoms have purely physical causes. So think about all of the physical symptoms you may be experiencing and examine whether there may be a mental health component to them: are you experiencing more stress and anxiety than normal? Are you dealing with a relationship challenge that is impacting your emotions on a regular basis? When you go to see a doctor, make sure they understand your emotional state as well as your physical symptoms.

2. Identify Your Strengths

What are you already doing well to support your mental health? What already works for you? Identify what has worked for you in the past, and make sure that you continue prioritizing that—even if you may have to tweak it as time goes on and circumstances change. Having a difficult time identifying these strengths? This is the perfect time to call EAP and work with a clinician to identify how you can best support yourself.

3. Identify Your Needs

Once you have assessed where you are and what you’re already doing to support yourself, then you can identify a plan for improving your mental health. What supports do you need that you don’t have yet? How can you prioritize your mental health in all aspects of your life? Start small—just one realistic and attainable goal can set you up for success. Some goals may include:

- Building time in your workday to recharge or meditate
- Making time in your schedule to see the people you care about
- **Calling EAP to work on addressing your mental health and taking care of yourself. You can reach out to EAP at any time to schedule a counseling session with one of our clinicians.**