



SAFETY & HEALTH NEWSLETTER

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Mental Health Awareness: Prioritizing Your Well-being

Tips for Stress Management:

- 1. Practice Self-Care:** Prioritize self-care activities that help reduce stress levels. Engage in activities you enjoy, such as exercising, reading, listening to music, or spending time with loved ones.
- 2. Establish Boundaries:** Learn to say no when you feel overwhelmed and set clear boundaries between work and personal life. Give yourself permission to disconnect and unwind.
- 3. Relaxation Techniques:** Incorporate relaxation techniques into your daily routine, such as deep breathing exercises, meditation, or mindfulness practices. These techniques can help you relax and find a sense of calm amidst the busyness of life.
- 4. Time Management:** Effectively manage your time by prioritizing tasks, setting realistic goals, and breaking them down into manageable steps. Avoid overcommitting and delegate tasks when necessary.
- 5. Social Support:** Reach out to friends, family, or trusted colleagues to discuss your feelings and seek support. Sometimes, sharing your concerns can alleviate stress and provide fresh perspectives.

As we embrace the arrival of spring and focus on safety and well-being, it is essential to address the importance of mental health. April is recognized as Stress Awareness Month, providing us with an opportunity to reflect on our mental well-being and explore ways to manage stress effectively. In this edition, we encourage you to prioritize your mental health and provide resources to support you in your journey towards a healthier, happier life.

Recognizing Stress and Its Impact:

Stress is a natural response to life's challenges and demands, but when left unmanaged, it can take a toll on our mental and physical well-being. It's crucial to recognize the signs of stress, such as feeling overwhelmed, irritable, fatigued, or experiencing changes in sleep patterns or appetite. By acknowledging stress, we can take proactive steps to manage it effectively.

Accessing Support and Resources:

If you find that stress is significantly impacting your well-being, remember that support is available. Here are some resources you can turn to:

1. YMC together with Access Coaching and Counseling has designed an employee assisted program to offer counseling and coaching service to all full-time and part-time employees. YMC Wellness is an employee-based initiative established to help support the well-being of our team. Contact Amber Young to access this valuable resource.
2. **Mental Health Professionals:** Consider reaching out to mental health professionals in your area for individual counseling or therapy sessions. They can offer guidance and support tailored to your specific needs.
3. **Online Resources:** Numerous websites and apps provide tools and resources for stress management and mental health.



Remember, taking care of your mental health is a sign of strength, resilience, and self-awareness. Prioritize self-care, manage stress effectively, and reach out for support when needed. Your well-being matters, and by nurturing your mental health, you contribute to a healthier, happier workplace for everyone.