

Mental Health Month August 2021

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. (CDC, 2021)

- ❑ **Identify how your state of mental health is today.**
 - Look into taking Mental Health Assessments that may begin to provide insight into your current mental state.
 - **Psychology Today assessment**
- ❑ **Know what you can do to improve your mental health / practice self-care.**
 - **Get regular exercise.** Walk at least 30 minutes of walking every day can help boost your mood.
 - **Make sleep a priority.** Stick to a schedule and ensure you get 6-8 hours of sleep.
 - **Try a relaxing activity.** Explore relaxation or wellness apps such as *Calm* that aid you in finding calmness in the midst of feelings of chaos.
 - **Practice gratitude.** Remind yourself daily of things you are grateful for, and seek out new things to become grateful for.
 - **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
 - **Stay connected.** Reach out and stay connected to life supports such as friends or family members who can provide the best emotional support.
- ❑ **Take advantage of the University's resources for your own benefit.**
 - Reach out to Health Advocate 24/7 to be connected with a mental health coach.
 - As full-time, benefited employee, you, your partner or spouse, and any immediate dependents are entitled to 10 free mental health coaching sessions each year.
 - Look into some of the previous webinars that were held for Pepperdine employees related to health and wellness.
 - **Human Resources' Happenings Blog**



Helpful Resources

- ❑ **CDC's Mental Health Quiz**
- ❑ **CDC's Adult and Children's Mental Health Resources**
- ❑ **SAMHSA's National Helpline**
- ❑ **Human Resources' Mental Health Resources**
- ❑ **Human Resources' Wellness Webinar Collection**

Contact Information

- ❑ **Health Advocate**
(866) 799-2728
www.myhealthadvocate.pepperdine.edu
- ❑ **Human Resources
Thrive Wellness Program**
(310) 506-4190
community.pepperdine.edu/hr/wellness