

# **Mood Boosters: Mental Health Matters**

**MENTAL & PHYSICAL HEALTH IN PROLONGED CRISIS** 

# WHAT'S YOUR

WHAT IS THE TEMPERATURE OF YOUR TEAM MEMBER?

| Thriving  | Surviving   | Struggling  | In Crisis   |
|---|---|---|---|
| "I got this."   | "Something isn't right."  | "I can't keep this up."   | "I can't survive this."   |
| <ul> <li>Calm and steady with minor mood fluctuations</li> <li>Able to take things in stride</li> <li>Consistent performance</li> <li>Able to take feedback</li> <li>Able to adjust to changes of plans</li> <li>Able to focus</li> <li>Able to communicate effectively</li> <li>Normal sleep patterns</li> </ul> | <ul> <li>Nervousness, sadness, increased mood<br/>fluctuations</li> <li>Inconsistent performance</li> <li>More easily overwhelmed or irritated</li> <li>Increased need for control and difficulty<br/>adjusting to changes</li> <li>Trouble sleeping or eating</li> <li>Activities and relationships you used to<br/>enjoy seem less interesting and even<br/>stressful</li> <li>Muscle tension, low energy, headaches</li> </ul> | <ul> <li>Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness</li> <li>Exhaustion</li> <li>Poor performance and difficulty making decisions or concentrating</li> <li>Avoiding interactions with coworkers, family and friends</li> <li>Fatigue, aches and pains</li> <li>Restless, disturbed sleep</li> <li>Self-medicating with substances, food, or other numbing activities</li> </ul> | <ul> <li>Disabling distress and loss of function</li> <li>Panic Attacks</li> <li>Nightmares or flashbacks</li> <li>Unable to fall or stay asleep</li> <li>Intrusive thoughts</li> <li>Thoughts of self-harm or suicide</li> <li>Easily enraged or aggressive</li> <li>Careless mistakes and an inability to foc</li> <li>Feeling numb, lost or out of control</li> <li>Withdrawal from relationships</li> <li>Dependence on substances, food, or other vices to cope</li> </ul> |

Mental health encompasses our emotional, psychological, and social wellbeing and influences our thoughts, feelings, and actions. It plays a crucial role in how we manage stress, interact with others, and make decisions. Mental health is an essential aspect of our lives, from our early years as children and adolescents to adulthood and beyond.

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# Mental Wellbeing: 2023

## **PRIORITIZING YOUR MENTAL HEALTH:**

- How fulfilled are you with your life and sense of self?
- Discovering resilience to handle challenges
- Mastering the art of happiness
- Finding purpose in life
- Practicing gratitude

## **BOOST YOUR MENTAL WELL-BEING:**

5 activities that boost well-being:

- Connecting with others
- Being physically active
- Learning new skills
- Giving to others
- Practicing mindfulness, including staying present in the moment and utilizing the power of pause.

## **MENTAL HEALTH VS DISEASE:**

- Don't confuse mental health with mental illness
- It's important to seek professional diagnosis
- Examples of mental illness include depression, anxiety, and burnout
- Take charge of your mental health and seek help when necessary.

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# Mental Wellbeing: 2023



## **MENTAL HEALTH MATTERS**



### **Increase Brain Happy & Energy Chemicals**

Restoring sleep is the foundation of mental well-being & mental heath

**Daily morning ritual to boost energy:** music, dance, jumping jacks, skipping, stretching for 5-10 minutes (try something different)

Laughter (watch a funny video, laughter yoga) PS avoid sarcasm

**Caffeine with healthy fat** like MCT oil & take a separate liquid vitamin B complex at same time

### **CALC EMPLOYEE ASSISTANCE PROGRAM**

**DO:** every leader has link & phone number to share with team

**DON'T:** send struggling associate on journey to find info or HR

#### ✓ PHYSICAL HEALTH IS RELATED TO MENTAL HEALTH

**DO:** talk to your primary care doctor for labs & physical

**DON'T:** diagnose your symptoms from IG meme or Google

#### ✓ THERE IS A ROOT CAUSE OF MENTAL DISEASE

**DO:** labs to check vitamin D3 levels, methylation disorders, thyroid disease

**DON'T:** ignore your physical health or guess which supplements to take

## ASKING FOR HELP IS A SIGN OF STRENGTH, HEALTH, & LEADERSHIP

#### ✓ NORMALIZE MENTAL HEALTH CONVERSATIONS

**DO:** make it normal to check on associates mental well-being

**DON'T:** make judgmental statements about mental health

### **TALK AIN'T CHEAP**

**DO:** explore different therapy options EMDR, MBCT, trauma informed therapy

**DON'T:** assume talk therapy is uselesswith a licensed professional therapy saves relationships, teams, companies and lives.

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