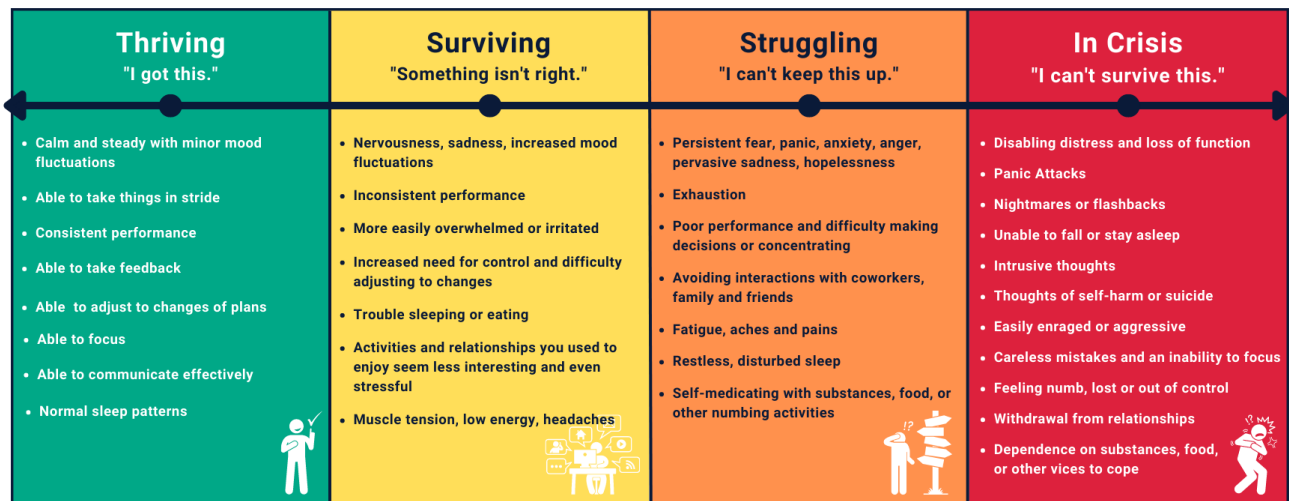


## Mood Boosters: Mental Health Matters

MENTAL & PHYSICAL HEALTH IN PROLONGED CRISIS

### WHAT'S YOUR VIBE?

WHAT IS THE TEMPERATURE OF YOUR TEAM MEMBER?



Adapted from: Watson, P., Gist, R., Taylor, V., Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation

[drromie.com](http://drromie.com)

Dr. Romie

**Mental health encompasses our emotional, psychological, and social well-being 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.

## 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.



## MENTAL HEALTH MATTERS

# RAISE YOUR VIBE

### Increase Brain Happy & Energy Chemicals

**Restoring sleep** is the foundation of mental well-being & mental health

**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

#### ✓ 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 useless- with a licensed professional therapy saves relationships, teams, companies and lives.