



Mental Health Matters with Amy Deacon

Are you a tennis ball, softball, or bowling ball?

Mental health can affect our daily lives in many ways, so it's important for us to learn to identify how we're really feeling and build habits to help manage our mental wellbeing. Here are 3 key takeaways from our session:

1. Resilience demands compassion. Many of us are taught to believe that resilience means being tough. However, the truth is that the energy and intention that resilience demands requires we practice self-compassion. Self-compassion is when we honestly acknowledge how we are doing. It requires us to be honest with how we are coping and learn how to greet our emotions with curiosity, as opposed to criticism.
2. Please take your mental health temperature on a daily basis. If daily feels too overwhelming, do it every other day or once a week, whatever works for you. Remember there are so many ways to pause and reflect. Walking in nature, journaling, meditation and exercise are all great ways to take inventory of your health and wellness.
3. Remember that mental health is a spectrum. On one end of the spectrum, we have wellness, whereby we feel energized and lead with clarity and intention. In the middle, we feel our daily stresses start to interfere with our overall wellness. On the other end of the spectrum, we are symptomatic of a mental health disorder (depression, anxiety, burnout). It is so important that we get the care, support and education we need to best navigate our mental health and wellness, regardless of where we find ourselves on the mental health spectrum.

Ask yourself:

1. What are you doing to fuel your mental health?
2. What routines could you put into place that would allow you to check your mental health temperature?
3. Where would you place yourself on the mental health spectrum?

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Insurance

Disclaimer: The content is not intended to be a substitute for professional advice, diagnosis, or treatment. If you have mental health related questions, experience symptoms or in need of assistance, always seek the advice of your general physician, health care or mental health provider regarding your condition.

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