

Wednesday WeBelong Monthly:



Mental Health Days





**Mental health is
just as important
as physical health.**

And often, they're related.

Mental Health is Health

Positive psychological wellbeing can reduce the risks of heart attacks and strokes.

Depression is linked to a higher risk for other long-term physical illnesses.

Your brain is an organ – just like your lungs, heart, stomach, kidneys, and liver (not an all-inclusive list). It should be prioritized just as high when there are issues.

Regular Rest is Critical

One of the most important parts of any athlete's training regimen is rest.

Mental health is the same.

Taking periodic days away from responsibilities, pressures, screens, and expectations is important to maintain and restore balance in our lives and help ensure we're at our best.

Rest = Better Performance

People who take all or most of their vacation time at work are also the highest performers.

Failure to rest regularly results in increased mistakes, more difficulty regulating emotions, and a general sense of unhappiness.

Source: SHRM

Rest can look like:



Sunlight



Quality
Food



A Break from
Electronics



Time in
Nature



Creating
Something



Sleep

Nobody Has It Together All the Time

- You are not incapable because you feel stressed.
- You are not incapable because you're overwhelmed.
- You are not less than others because you need or want therapy, mental rest, or time off.

1 in 5



US adults experience
mental illness
each year

A N D

87%



of adults feel like it's
been a constant stream
of crises the last 2 years
without a break

Providing Support

Say This

- It's been a while since you've had a day off. Let's find a day in the next couple of weeks you can be off.
- I'll be your out-of-office buddy!
- I'm planning to take a mental health day on (date).

Instead of This

- I'm worried about you.
- You seem out of it.
- You look tired/stressed.
- You need a mental health day.

Recognizing the Need

Signs You Need Rest:

- Tired all the time
- Easily bothered
- Sad without a clear cause
- Difficulty concentrating
- Feeling depleted
- Extreme mood swings
- Avoiding social activities
- Feeling overwhelmed
- You think, “Hm, I might need a day off”

Source: NAMI

Call to Action

- Schedule a mental health day for yourself now – don't wait!
- Be vocal – the more we talk about mental health as a normal part of health, the more we reduce the stigma.
- Support your team so they can schedule mental health days.
- Correct misinformation when you hear it.