

Mental Well-Being

Live Well, Work Well

WHAT IS WELL-BEING?

In today's health- and fitness-focused culture, it's easy to overlook the broader meaning of well-being. At its core, well-being is about feeling your best and living a safe, healthy, and fulfilling life. It encompasses every aspect of wellness, including physical, mental, social, and financial health. Because these areas are interconnected, your overall sense of well-being can have a significant impact on your quality of life, health, and happiness.

Mental Well-being

The World Health Organization (WHO) notes that there is no single, universally accepted definition of mental well-being. However, research consistently shows that mental well-being involves the ability to:

- ❖ Recognize and achieve one's potential
- ❖ Work effectively and productively
- ❖ Manage the everyday stresses of life
- ❖ Make meaningful contributions to family, friends, and the broader community

Mental well-being includes mental health, but it extends beyond the absence or treatment of mental illness. It encompasses the overall ability to thrive, build resilience, maintain positive relationships, and lead a fulfilling life.

One of the biggest challenges to mental well-being is chronic stress. Stress can interfere with sleep, and poor sleep can increase stress, creating a cycle that affects overall health. While it may not be possible to eliminate all stressors, there are simple ways to help manage stress:

- ❖ Prioritize your most important responsibilities
- ❖ Take regular breaks to recharge and refocus
- ❖ Go for a short walk to boost energy and clear your mind
- ❖ Get adequate sleep
- ❖ Stay active and eat a healthy, balanced diet

Mental and physical health are closely connected. Poor mental health can increase the risk of chronic conditions such as heart disease, stroke, Type 2 diabetes, and obesity. It can also affect your work and personal life, leading to decreased productivity, social withdrawal, and feelings of isolation. By prioritizing your mental well-being, you can improve your overall health, resilience, and quality of life.



FREE RESOURCES

988 Hotline

The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support.

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

Call or text 988

SAMHSA's National Helpline

Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357)

Mental Health Resources Available to You

FREE GuidanceResources

Confidential Emotional Support

3 face-to-face or virtual sessions per person, per issue, per year

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work and Lifestyle Support

- Child, elder and pet care
- Moving and relocation
- Shelter and government assistance

Legal Guidance

- Divorce, adoption and family law
- Wills, trusts and estate planning
- Free consultation and discounted local representation

Digital Support

- Connect to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, slideshows
- Improve your skills with On-Demand trainings

Wellness Support

Flexible 3-5 coaching session model

- Make positive lifestyle changes with health coaching
- Improve your nutrition, exercise habits, weight loss efforts
- Get help with smoking cessation, back care, resiliency and more

Financial Resources

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

24/7 Live Assistance:

Call: (855) 239.0743

TRS: Dial 711

Online: [Guidanceresources.com](https://guidanceresources.com)

App: GuidanceNowSM

Web ID: Guardian

FREE Teladoc Primary 360

Mental Health Care

- Meet with a therapist from the comfort of your home and get support for anxiety, depression, stress, & more. Psychiatry for adult members, therapy for ages 13+
- Available 7 days a week, from 7am-9pm local time, by phone or video

Download the Teladoc
Health app or scan the QR
Code



Call: 1-800-835-2362

