

Mental HEALTH



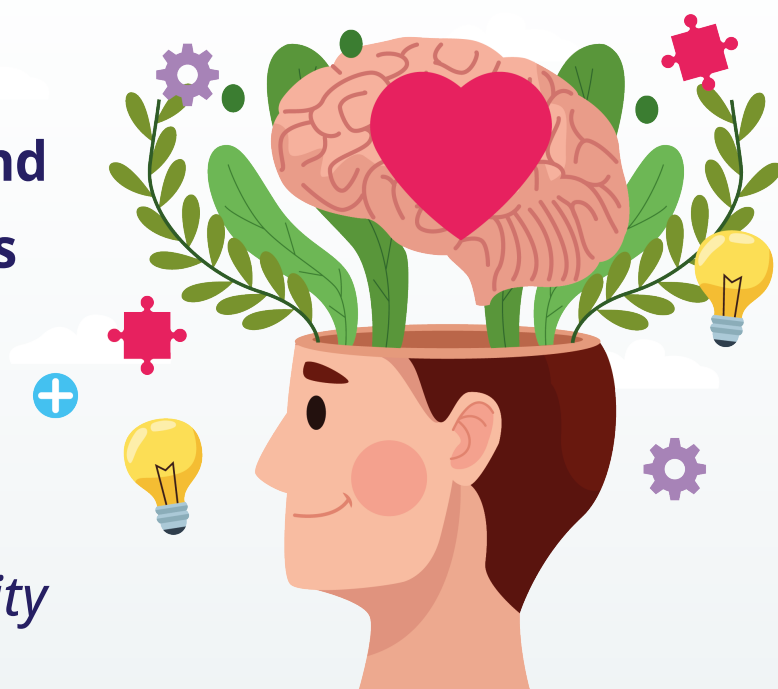
Mental health awareness has blossomed in recent years, breaking down stigmas and encouraging open conversations. But as May, Mental Health Awareness Month, draws to a close, it's crucial to remember awareness is just the first step. Real change lies in action. Just like any physical ailment, neglecting mental health issues can have detrimental consequences. From anxiety and depression to eating disorders and trauma, these challenges impact millions globally, affecting their ability to function, connect, and experience joy. ***Yet, stigma, lack of resources, and misinformation often create barriers to seeking help.***

This Mental Health Awareness Month,
let's move beyond mere awareness and focus on tangible actions:

- 1 Educate Yourself: *Knowledge is power.*** Understanding common mental health conditions, early warning signs, and available resources empowers you to support yourself and others.
- 2 Challenge Stigma: *Stigma thrives in silence.*** Openly discuss mental health, share lived experiences, and challenge discriminatory attitudes. Remember, mental health struggles don't define you.
- 3 Be a Good Listener: *Lend a supportive ear without judgment.*** Actively listen to friends, family, or colleagues who might be struggling, and encourage them to seek professional help if needed.
- 4 Advocate for Change: *Support policies that increase access to affordable mental healthcare,*** promote mental health education in schools and workplaces, and destigmatize seeking help.
- 5 Take Care of Yourself: *Prioritize your own mental well-being.*** Engage in activities you enjoy, practice mindfulness, establish healthy routines, and don't hesitate to seek help if needed.

Remember, you're not alone Taking action, big or small, can make a world of difference.
Together, let's build a world where mental health is valued, supported, and everyone thrives.

Most corporate jobs involve a lot of sitting and unhealthy eating, and as a result, many office workers don't get the exercise and nutrition they need. *Physical activity is necessary.*



Create a healthy corporate culture by encouraging employees to take control of their well-being with these methods.

Even the most sedentary jobs have room for some simple stretches or exercises. Encourage employees to do desk exercises like stretches throughout the day. If they want to go the extra mile, they can keep a resistance band or hand weights at their desk. *Then they can get the most out of those exercises.*

Also, emphasize the importance of walking around the office throughout the day. Instead of taking the elevator up to the next floor, employees should take the stairs. Or, they can set a timer to remind them to get up and walk around at least once an hour. This will not only help fight cardiovascular disease, *but it will also help with other risk factors and promote more healthy behaviors overall.*

It's a quick way to get your heart rate up when there's no time for a workout. (If you work on the 20th floor or higher like I do, maybe try taking the stairs halfway and catching an elevator when you've exhausted yourself.)