SSMHealth.
at Work

Fall into a Better Mental Health Routine

EAP Newsletter September 2023

As students prepare to head back to school, fall is a great time to start new routines that may have been lost over the summer months. Adding new habits/routines can be as easy as one extra mental or physical wellness exercise per day.

Movement Mondays
Exercising and movement releases feel good hormones called endorphins, which helps improve your mood and helps you release stress. It also allows us to take a break from our daily challenges to allow our minds to rest from those responsibilities.

Take A Breath Tuesdays
Deep breathing is one of the best ways to lower stress in our bodies. Taking a deep breath sends a signal telling our brains to calm down and our bodies to relax.

Wellness Wednesdays
Improving your daily well-being is an important factor in helping your overall mental health. Examples of how we can improve our wellbeing is by connecting with others, spending time playing outdoors or in nature, getting good sleep, and eating a healthy, balanced diet.

Thankful Thursdays
Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depression.

Funny Fridays
Laughter releases endorphins and is proven to reduce stress, improve mood, soothe tension, improve self-esteem, and strengthen relationships.

SSM Health at Work
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