The focus of Mental Health Awareness Month 2021 is to amplify the message that 'YOU ARE NOT ALONE.' Now more than ever we need to find ways to stay connected to our community and the mental health support and resources available to you and your loved ones.

1 in 5 adults and 1 in 6 teens experience a mental health condition each year. Fewer than half of adults get the help they need in a year. (NAMI.org) From the importance of self-care to recognizing and dealing with burnout, we are keeping a strong focus on mental well-being all month long. We are here for YOU!
WELL-BEING WHILE AT WORK IS ESSENTIAL IN TODAY’S WORLD

Self-care shouldn’t start when your workday ends, rather it should be woven into your entire daily routine. This will support you in becoming more productive and more fulfilled on the job.

SB’S TOP 5 REASONS YOU NEED WELL-BEING AT WORK

1. **Personal Growth:** We should strive for professional and personal improvement every year.
2. **Stress Management:** Work will get stressful. With more self-care you are better armed to face daily challenges.
3. **Avoid Burnout:** Many signs of burnout stem from lack of self-care and work-life balance.
4. **Your Health:** You spend more of your adult hours at work than any other place. You can’t stay well if you neglect health during your workday.
5. **Sense of Community:** Participating in wellness activities can connect you to your company values and your co-workers.

SELF CARE IS A NECESSITY FOR YOUR MENTAL HEALTH

It’s okay to take a break. Taking time for self-care should not be viewed as a luxury. Self-care isn’t defined as going to the spa, spending hours in the gym or taking lavish vacations. It’s about being truthful with what you need to better yourself so you can care for others. Self-care is actually defined as “the ability of individuals, families and communities to promote health, prevent disease, maintain health and to cope with illness and disability with or without the support of a healthcare provider,” -World Health Organization

Managing your time and your energy can help you better manage your stress. Making smart choices will help you avoid burnout and stay mentally well. Stay reminded that self-care needs to be YOUR PRIORITY.
IS IT STRESS OR BURNOUT?

What you should be doing NOW

Are you feeling exhausted, constantly drained or just disconnected from work or other responsibilities? Is it too much stress or is it burnout? Stress and burnout are often confused or used interchangeably. They are actually very different and the approach to managing them may vary.

We all experience stress and it is normal when it is temporary or tied to a particular life event. Stress can actually motivate us to prioritize our tasks or get through difficult times.

Burnout usually occurs when constant and ongoing stress is left unmanaged and eventually leads to disengagement and feelings of hopelessness and helplessness. Another way to look at it: stress is about doing too much, while burnout leads to not doing enough.

How to prevent burnout? Become aware of your stress and workload and take steps to better manage it. Self-care should be foundational.

How to deal with burnout? The earlier you recognize signs of burnout the better. Seek support, wellness coaching or counseling. Reconnect with your purpose and establish a good self-care program. Want more on burnout? Check out our May blog article.
OSTEOPORISIS AWARENESS

Each May, the National Osteoporosis Foundation works to raise awareness and inspire behavior change relating to the importance of good bone health and prevention of osteoporosis. Osteoporosis prematurely leaves many adults with pain and loss of mobility. In March 2021, the National Osteoporosis Foundation revealed that about 1.8 million Medicare beneficiaries suffered approximately 2.1 million osteoporotic fractures in 2016. (Milliman Analysis) This disease is not a normal part of aging and it is largely treatable and preventable. There are many steps you can take at any age to enhance bone health. Check out this digital calendar for daily tips: NOF Digital Calendar

RESISTANCE TRAINING AND BONE HEALTH

There is a direct and positive relationship between the effects of resistance training and bone density. Physical activity, particularly weight-bearing exercise, can provide the right kind of stress your bones need to improve bone density. Resistance training can influence multiple risk factors for osteoporosis including improved strength, better balance and increased muscle mass. Strive to perform weight bearing exercises at least two times a week. This can be achieved with body weight exercises, bands or machines. The goal is to add a force or resistance greater than what is required in normal daily activities.

Be sure to always check with your doctor before starting a new exercise program.
Many employees experience high levels of stress in the workplace, which negatively impacts their productivity and most importantly their well-being. Without intervention, this can have an impact on them personally as well as on their families, peers and the overall success of the organization. That is where coaching can have a positive impact. In a recent study, approximately 61.9% of the 289 participants demonstrated reliable improvement on either measure of the study. Participants were measured using the Perceived Stress Scale (PSS) and Warwick-Edinburgh Mental Well-being Scale (WEMWBS) and showed changes in perceived stress and well-being over the course of the program. (Telemed Journal, Jan 2021)

Make your participation in our coaching-related programs your priority. Our coaches love every opportunity they get to work with you and your team!