

## Upcoming Online Seminars

2/1/20 – Building Resilience

3/1/20 – Dealing with Difficult People

4/1/20 – Understanding Depression

5/1/20 – Mental Health First Aid

To watch these online seminars, login to [www.supportlinc.com](http://www.supportlinc.com) and click on the 'Monthly Feature' tile. At the bottom of the article you will find the featured seminar.

## Start Your Spring with Optimal Mental Health

Spring has started and if you're like most people, the thought of partaking in some sort of 'spring cleaning' has likely crossed your mind. While tidying up your workspace, closets or garages can be a great benefit to you, there are other ways to benefit your overall mental wellbeing this spring as well. Here are some quick tips to help you start off this spring with optimal mental health:

- **Be in the Now**  
Many of us can get into the habit of 'checking out' if we find ourselves in uncomfortable situations. However, practicing a state of mindfulness and learning to be 'in the present' is a great way to boost your mental health to help bring awareness to your thoughts and feelings.
- **Be Active**  
Staying physically fit and being active is a great way to help maintain your mental health. This happens as endorphins (those 'feel

good' chemicals in your brain) are released resulting in an overall boost in mood and can even possibly help you think more clearly as well.

- **Be a Planner**  
Unexpected things are often an easy starting point for emotional and mental health concerns to arise. Instead of being caught off-guard, plan your day around things you know you need to get done. Also, be sure to schedule some time for yourself to sit back and relax!
- **Be Wary of What You Eat**  
Your diet really does have an effect on your overall mood and mental health. Be sure to eat full, well-balanced meals and avoid any excess sugars that can contribute to 'crashing' later. Be wary of alcohol or drugs as they only provide a temporary fix to an underlying cause of use.

- **Be Social**  
Did you know that a lack of socialization is a leading cause of geriatric depression? Staying socially active and surrounding yourself with positive support can help your overall wellbeing and mental health.
- **Get Some Rest**  
It may seem too good to be true but practicing proper sleep is the easiest way to keep your mental health up. Be sure to give yourself the proper amount of sleep and to avoid things such as sugary drinks and caffeine up to around 7 hours before heading to bed.

Source: <https://health.usnews.com/health-news/health-wellness/slideshows/11-simple-proven-ways-to-optimize-your-mental-health>

For the services available through the SupportLinc EAP, call **1-888-881-LINC (5462)** or visit [www.supportlinc.com](http://www.supportlinc.com)

## Did You Know?

Resilience is the ability to overcome the various challenges in life while becoming a more personally powerful individual.

Learn more about how to incorporate resilience in your daily life by using the Resiliency Toolkit. Search 'resilience' in the 'What's on Your Mind' search bar and open the 'Resource' category.

## Spring Cleaning at the Office

It's finally getting close to spring, so now is the perfect time to clean that clutter and re-organize your desk at work! Even more importantly, cleaning and organizing are two great ways to boost your mental health in ways you may not have ever realized.

Here are some ways that decluttering your workspace can benefit you:

**Save yourself some time.** Having an organized workspace allows for you to quickly find documents and materials more efficiently when needed. This saves you extra time and stress when you find yourself in a hurry.

**It can help you de-stress.** Having more things on your desk, especially non-essential things, can cause you to become distracted. Being distracted can easily lead to you feel overwhelmed, which can leave you stressed and anxious. Having a clean and organized workspace can help take your mind off any distractions and keep you focused.

**Make a better impression.** One of the worst feelings is not being able to find something when you need. What's worse is when you can't find what you need when your manager is standing over you. Avoid making unfavorable impressions by being organized, so the next time your manager needs that quarterly report, you'll have it in a snap.

**It can help you eat better!** According to a study from the Psychological Science journal, individuals who work in a 'neat space' for at least 10 minutes are more prone to choosing to eat an apple over chocolate. The reason why is that having a cluttered space causes more stress, which can result in your body craving comfort foods as a coping mechanism.

Source: [www.wellbeing.place](http://www.wellbeing.place)