

Upcoming Online Seminars

9/1/20 – Challenging Negative Thoughts

10/1/20 – Effective Communication

11/1/20 – How to Survive the Holidays

12/20 – Healthy Living

To watch these online seminars, login to www.supportlinc.com and click on the 'Monthly Feature' tile. Scroll to the end of the article to find the featured seminar link.

Social Media and Your Mental Health

It's hard to remember life before social media. We used to track birthdays on a calendar instead of getting Facebook reminders. Eat dinner without posting a photo to Instagram first. Make rarely watched home videos instead of creating TikToks for thousands of views.

Although social media can help you connect and engage, too much time spent on these platforms can actually have a negative impact your overall mental health.

Here are some smart ways to manage your social media intake:

Unfollow Harmful Accounts

Following family, friends and social media influencers can help you stay in touch and provide entertainment. However, messaging that continually leaves you frustrated or comparing yourself to others can wear you down mentally. Instead, unfollow or unfriend the accounts that don't

align with your values or personal views. Some platforms allow you to 'mute' accounts, hiding posts from your social media feed but remaining 'friends' with someone you may not want to delete altogether.

Mute Keywords or Phrases

You can also mute 'hashtags', specific words, phrases and even emojis on some platforms. Hide these for a short time or 'forever' to avoid sensitive topics and stay clear of negative triggers.

Follow the Positivity

With curation, social media can be a great source for inspiration. Find and follow accounts filled with quotes, art, humor, photography or specific people that bring you a daily dose of joy and motivation.

Set Limits

Research has shown that excessive periods of screen time can affect

your health. Prolonged exposure has been linked to mental health issues like depression or anxiety, chronic conditions such as diabetes and even cancer. Rather than endless scrolling, schedule your time on social media as short breaks and, if needed, use a timer to reinforce stepping away.

Take a Break

If possible, periodically sign out of your accounts for a few days or even longer if you can. Regroup, refresh and come back to social media with a plan to make it work for you.

Source :
<http://www.wellbeing.place/home/2020/7/10/social-media-and-your-mental-health>

For the services available through SupportLinc, call 1-888-881-LINC (5462) or visit www.supportlinc.com

Coronavirus (COVID-19) Toolkit

The COVID-19 pandemic continues to add stressors and impact mental health. This toolkit is updated regularly and provides resources to stay informed as well as take care of your emotional wellbeing.

To view the site, visit <http://coronavirus.eaptoolkit.com> today.

Resources for You, Wherever 'Work' May Be

The extreme circumstances surrounding the coronavirus (COVID-19) pandemic have directly impacted and altered everyone's lives in ways we never could have imagined. Work environments have had to adapt and so have you. Your ability to navigate change with patience and understanding — and to continue to cope with new stressors in healthy ways — will make you stronger and more resilient.

The Coronavirus Toolkit website is continually updated with resources to support your wellbeing whether you have remained on the frontlines throughout, are working from home now or are headed back to your worksite.

Flash Courses

These short, educational modules are designed to help you deal with unique stressors and heightened emotions during this time. Sample topics include:

- *Coronavirus Stress: Strategies for Coping*
- *Return to Work: Managing Adjustment Stress*
- *Staying Productive While Working from Home*
- *Homeschooling and Virtual Learning: Tips for Parents and Caregivers*

Toolkits

Skill-building sites to improve emotional wellbeing, today and in the future.

Additional Resources

Downloadable tip sheets and other information to help stay up to date.