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Expand the Roots of Your Mental Health

> Expand the foundation of your mental health beyond the general (and still important) reminders of getting adequate sleep, exercise, a balanced diet etc. Strengthen the roots of your mental well-being by developing core strategies, values, and lifestyle choices that allow you to properly manage a fluctuation in workload, a new challenge at home or big life change.

Stay Connected

Build upon your social network and spend time with friends and family. Marco polo (an app that allows you to send videos and chat with loved ones at your convenience), use social media to your advantage, speak the nice thought you had into existence. Connection is key to maintaining a sense of belonging.

Set Goals & Priorities

Identify something to work towards. Maybe it's a raise or a new DIY project. Find a reason to wake up excited for the upcoming day.

Practice Gratitude

Be mindful of everything available at your fingertips. What resources do you have? What went well for you today?

Reflect

Reflect on difficult moments with a learning mindset. What did you learn? What could have gone better. This allows you to flip negative experiences into growing opportunities.

Learn New Skills

Expand your knowledge by learning a new skill. Feeling productive in new ways can add satisfaction to your daily routine!

Find Your Passion

Remind yourself why you love your job. Maybe the daily tasks excite you or you're working towards a big payoff. Do you love the cause your company supports or are you working to earn money for people you love? Reignite your passion for work or personal interests to keep your loving moving in a positive direction.

Develop Coping Skills

Take a break from negative information. Establish healthy boundaries and techniques that allow you to properly cope with your stress.

Make Meaningful Contributions to Your Community

Feel connected to your community by volunteering at local retirement centers, hospitals, or rec centers. Learn about the people you share a neighborhood with and what makes them unique through acts of service or meaningful conversations.

Find Help When Necessary

You're not alone in your struggles. Rely on your social network, your manager, or find help in the form of a doctor or therapist . The national suicide hotline (988) has professionals trained to help handle emergencies and provide additional resources.

Reference: WebMD: Fatigue and Exhaustion