

HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2024



Your behaviors impact your mental well-being. Overall lifestyle is a combination of individual behaviors, which may help or harm your health.

Professional care and self-care are key in preventing, treating and living with mental and behavioral health conditions.

Behavioral and mental health

What's the difference?

Behavioral and mental health are often used interchangeably. Our behavior can influence our thoughts - and our thoughts can influence our behaviors. So, what's the difference?

Mental health relates to a person's state of mind.

Behavioral health relates to a person's state of mind as well as their physical condition.

It's common for mental and behavioral health disorders to co-occur and affect an individual at one time.

Mental health

Mental health includes your emotional, psychological, and social well-being. It affects how you think, feel, and act.

It also helps determine how you handle stress, relate to others, and make choices for effective functioning in daily activities.

Research shows that mental health conditions are not the result of one event but rather multiple causes. For example:

- A stressful job or home life makes some people more susceptible to mental health conditions.
- Genetic and biological factors also play a big part in whether someone develops mental health conditions.

Did you know? | 70% of primary care patients have behavioral health-related issues requiring behavioral health services.

Behavioral health

Behavioral health is the connection between behavior's impact and the health and well-being of the body, mind, and spirit. It includes the relationship between our daily habits (good and bad) and their effect on physical health and includes mental health disorders.

Ideally, good habits (healthy diet, exercise, and sleep routines) result in the best balance between good mental and physical health.

Finding support

If you or anyone you know is suffering from a mental health condition, seek help from a medical professional, such as your primary care provider.

If you or someone you know is experiencing suicidal thoughts, call these numbers:

National suicide prevention lifeline: text or call 988

National alliance on mental illness helpline: 1-880-950-NAMI

Just remember, a mental health condition is no one's fault.

Contact your provider to learn ways to make healthy behavior changes today.

Self-care and wellness practices that support mental health

Creating balance

Balance means taking time to do things that make you feel happy and fulfilled. We all have individual needs, preferences, and capabilities so “balance” will look different for everyone.

It's important to re-balance from time to time to adjust to what is going on in your life. Finding time to relax or “down time” can provide the space needed to think through a situation, work through your feelings, or allow your mind and body to rest.

Prioritize valued activities

Values are things that you feel are important. Prioritizing values helps to build resilience by shifting focus towards activities that have personal meaning for you. An example could be scheduling time for low-stress hobbies or other healthy activities you enjoy alone or with family and friends.

There may not be time for everything so you might have to have a list of A, B, C items to help prioritize what needs to be done NOW versus what can be done later to help create space and balance.

Embracing support from others

Each stage of life can create different challenges to good mental health. Talking with someone who has similar feelings and experiences, while being able to move forward and grow, can help you feel less alone and give you confidence to move forward.

Sources of support may include:

- Family & friends
- Co-workers & support groups
- HelpLines & professional care

Want to learn more?

Contact your provider to learn ways to make healthy behavior changes today!

Sources:

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Caring for your mental health | NIMH, accessed 03/18/2024
How Much Sleep Do I Need? | CDC, accessed 03/18/2024

Get regular physical activity

Physical movement can have a positive effect on stress and anxiety levels, and it can also improve your sleep. It releases feel-good endorphins and other natural brain chemicals to improve your overall mood.

Just 30 minutes of activity every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Eat healthy and staying hydrated

Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants at regular mealtimes and drinking plenty of water can improve your energy and focus throughout the day.

Multiple studies have found a connection between a diet high in refined sugars and impaired brain function, and even a worsening of symptoms of mood disorders such as depression. Try eating a “clean” diet for two to three weeks, cutting out all processed foods and sugar, and see how you feel.

Make sleep a priority

Sleep increases physical and mental performance, allows the brain and body to recover, and balances chemicals that regulate hunger and mood.

Adults should aim for 7-9 hours of sleep per night. Create good sleep habits with a regular bedtime routine that allows you to unwind. Turn down the lights, stretch, read, journal, meditate, pray or sip on some decaf tea. Avoid physical activity, large meals, caffeine, alcohol, and screen time before bedtime.