Take Care of Your Mental Health to Enhance the Wellness of Your Physical Health

Mental health and physical health are partners. When one is strong, the other will be as well, and conversely, when one is on the decline, the other will follow. Some strategies to improve and maintain your mental health include:

1. Quiet your mind—meditation, prayer, and relaxation exercises are at the top of the list. Allow your mind to engage quietly in the present. Let your thoughts flow with your breathing. These exercises can be done over a few minutes of quiet time, or they can be longer if you have the time to commit.

2. Similar to quieting your mind, you can do simple exercises to reduce the negative stress that may be building its way into your life. Relaxation exercises can help tremendously. Additionally, you can direct your thoughts and actions to something less stressful for a period of time, and then return to the more-exhausting task in a clearer frame of mind. By alleviating monotony with this change of pace, you will be surprised at the rejuvenation that takes place, and the level of decrease in your stress.

3. Make time for yourself—engage in things that spark your interest. Make a concerted effort to surround yourself with friends and family who are supportive, and to whom you are able and willing to support as well. Give of yourself by volunteering—either on a regular basis or in an “on call” capacity.

4. Be aware of the goals you set for yourself. Break them up into small pieces in order to be sure you don’t become overwhelmed. Intermediate goals can be reached more quickly, and they can also help you adjust along the way in order to perhaps reach the long-range goal in a more timely manner.

5. Be certain to take care of yourself—plenty of exercise, proper diet, and adequate sleep are good ways to help the body and avoid mental stress at the same time.

6. **Finally—get help when you need it.** Don’t let the turbulence all around you create mountains when you need valleys. Arbor Family Counseling, your Employee Assistance Program, is here ready and willing to assist you in a variety of ways. One of our counselors will be happy to work with you on strategies that will keep your mental health and physical health in balance. Please contact us:

   *Give us a call at (402) 330-0960 or visit us on www.arborfamilycounseling.com*

---

I recommend you take care of the minutes: for hours will take care of themselves.

Lord Chesterfield
When All Else Seems to Fail—Suicide is NOT the Answer

Every day there are people who are under so much stress—bodily or mentally—they elect to end life. They are from all backgrounds—economic, racial, faith, male/female; it really has no limits—and the frequency is increasing at an alarming rate. Why does suicide seem like the perfect answer? What may be triggers for committing suicide? Obviously, triggers vary, and they are multifaceted. Helplessness and hopelessness, bullying, depression and anxiety, trauma (either to self or others), PTSD, and drugs/alcohol are some contributing factors. Therefore, one size does not fit all.

What can you do to curb the rise? Perhaps knowing and acting on the signs and actions can help reverse the statistics. To begin with, people who commit suicide are likely to tell someone in advance. Some individuals begin to get rid of possessions—both priceless and memorabilia. Some individuals withdraw. They avoid doing things they previously enjoyed on a regular basis. Some act out by cutting, or engaging in impulsive and dangerous behavior. Others begin to use alcohol and/or drugs to excess. Some will begin to stop eating to the extent that they become anorexic or bulimic. Still others often become aggressive in their actions with others—to the extent that they wait for the other person to inflict harm on them (e.g., suicide by cop).

The key is to ACT:

**Acknowledged**: Take people seriously when they talk about suicide or demonstrate dangerous behaviors. Listen. Don’t judge.

**Care**: Show your concern. Ask what is troubling the person. If you are hearing the word “suicide,” ask if he/she has a plan. (NOTE: asking does not promote action if the person is not thinking that way.

**Treatment**: Direct the individual to treatment. If he/she is not accepting of this, contact 911, the EAP (402)330-0960, take him/her to an emergency room, or call the Suicide Hotline (800)304-7468.

If you encounter someone who may be suicidal, remember, you can save a life by responding with care.

If someone is depressed, it may show as withdrawal, excessive sleeping, improper hygiene, or a lack of caring for things usually of high importance to him/her. Be supportive and encouraging. Help the individual get the professional help needed.

Someone may be coping with bullying, and this can cause deep pain and destructive behaviors. He/she may refuse to go to work, school, or other functions. Be empathetic, and let the person know there is help available. Help him/her find solutions.

Addictive behaviors become apparent over time. If someone is drinking or using to excess, encourage him/her to seek help. If someone is displaying eating disorders, be kind and considerate, and offer to put him/her in touch with a professional. Avoid being judgmental.

Remember: your Employee Assistance is here to help. Get more information and help—just call (402) 330-0960 or reach us on the web at www.arborfamilycounseling.com.

---

**What does Arbor EAP have for YOU?**

Professional, caring counselors who offer one-on-one confidential counseling for you and your family members for:

- Stress Solutions
- Conflict Resolution
- School/Work Issues
- Marriage and Family
- Time Management

Initial visits are free—paid for by your employer or school system.

**Call Today!**

11605 Arbor Street, Suite 106 | Omaha, NE 68144 | (402) 330-0960 | (800) 922-7379

www.arborfamilycounseling.com