

The CORE

MENTAL HEALTH

May is National Mental Health Month

Mental health involves how we think, act, and feel as we cope with life. It helps us determine how we are going to handle stress, make choices, and relate to others. We all feel worried, sad, anxious, or stressed sometimes. If you have a mental illness, these feelings do not go away and can sometimes interfere with your everyday activities. Mental illnesses can make it hard to meet friends, enjoy life, or even keep your job.



Signs and Symptoms of a **MENTAL ILLNESS** at Work

- Working slowly
- Calling in sick frequently
- Missing deadlines
- Showing irritability
- Difficulty concentrating
- Appearing emotionless
- Not participating in activities at work
- Overworking
- Having difficulty with work transitions
- Forgetting procedures



How to **MANAGE** at Work

- Communicate effectively
- Set manageable goals every day
- Ask for flexibility
- Be efficient with your time at work
- Take a five-minute break
- Bring a head set and listen to some music every now and then

Please call your personal physician if you think you or anyone you know may be suffering from a mental illness!