



Construction Advancement Program
of western pennsylvania fund

Mental Wellbeing

- 1 in 5 adults in the U.S. experience a mental health condition in a given year. If it's not you, it's a family member, friend or colleague.
- Individuals with mental health conditions face an average 11-year delay between experiencing symptoms and starting treatment.
- Common barriers to treatment include the cost of mental health care and insurance, prejudice and discrimination, and structural barriers like transportation.
- Even though most people can experience relief from symptoms and support for their recovery in treatment, less than half of the adults in the United States get the help they need.
- People experiencing mental health conditions often face negativity, rejection, bullying and discrimination. The stigma of mental health can make their journey to recovery longer and more difficult.

RESOURCES

National Suicide Prevention Line

1-800-273-8255

National Drug & Alcohol

Helpline:

1-888-633-3239 or 9-8-8

Carpenters:

Member Assistance Program

1-888-MAP-6637

or

1-888-627-6637

Laborers:

Highmark Health Member

Assistance Program

1-888-258-3428

Operators:

Lytle Employee Assistance

Program

1-800-327-7272

Finishers:

Work Partners

1-800-647-3327

Health isn't just about fitness or disease prevention – it's about living your best life. While investing in your physical health is crucial to prevent chronic illness, investing in your mental wellbeing is just as important.

Overlooking your mental health could lead to depression, anxiety, or other mental illnesses. With approximately 48.3 million adults in the United States experiencing a mental illness each year, it's crucial to pay attention to and monitor your mental health. Even if you feel mentally and emotionally healthy now, it's still a good idea to practice habits that support and improve your mental health.

Here are a few simple ways to invest in your mental wellbeing:

Make time for exercise. Regular exercise will also give your mental health a big boost. As we get older, our brains begin losing neurons and eventually, our brain tissue starts shrinking. Physical activity can help combat the effects of an aging brain and keep it sharper longer. As for mental and emotional health, exercise releases certain chemicals in your brain that help boost feelings of happiness and wellbeing. Exercise has been proven to be one of the best ways to decrease stress and reduce your risk of depression and anxiety. Try to aim for thirty minutes of exercise every day to achieve mental health benefits.

Identify and use your individual strengths. Strength awareness helps you to recognize and embrace who you are at your core. When we focus on what we naturally do well and develop those talents and skills further, we release the pressure to excel in all areas. When we stop comparing ourselves to others and remove the need to be like someone else, it frees us to develop our unique abilities. Using your strengths also helps you feel energized and empowered. Not sure what your strengths are? Check out Tom Rath's Strengths Finders 2.0 book, which features thirty-four strength themes and an assessment.

Practice forgiveness. Whether it's a simple spat with your spouse or long-held resentment toward a family member or friend, unresolved conflict can go deeper than you may realize—it may be affecting your mental health. People who forgive have better mental health (including reducing levels of anxiety, depression and stress) and report being more satisfied with their lives. Make forgiveness part of your life even if it's just forgiving that person who cut you off during your commute.

Find your favorite *self-care* activity. There are many ways to practice self-care. In fact, self-care activities can be physical, emotional, or spiritual. Find a mixture of self-care activities to practice on a regular basis.

- Take a breath of fresh air
- Go for a walk
- Read a book
- Take a night out
- Go offline (shut off your phone, social media, and other technology) especially on the weekends!
- Volunteer
- Reconnect with nature
- Visit a spa
- Color
- Play with pets
- Work on a puzzle
- Get a massage
- Pick up a new hobby
- Take a yoga class
- Meditate
- Engage in a random act of kindness



THE MIND AND BODY ARE NOT SEPARATE.
WHAT AFFECTS ONE AFFECTS THE OTHER.

- UNKNOWN