

Maintaining mental health

We are living in difficult times. It can be hard to keep a positive, resilient outlook. Have you experienced:

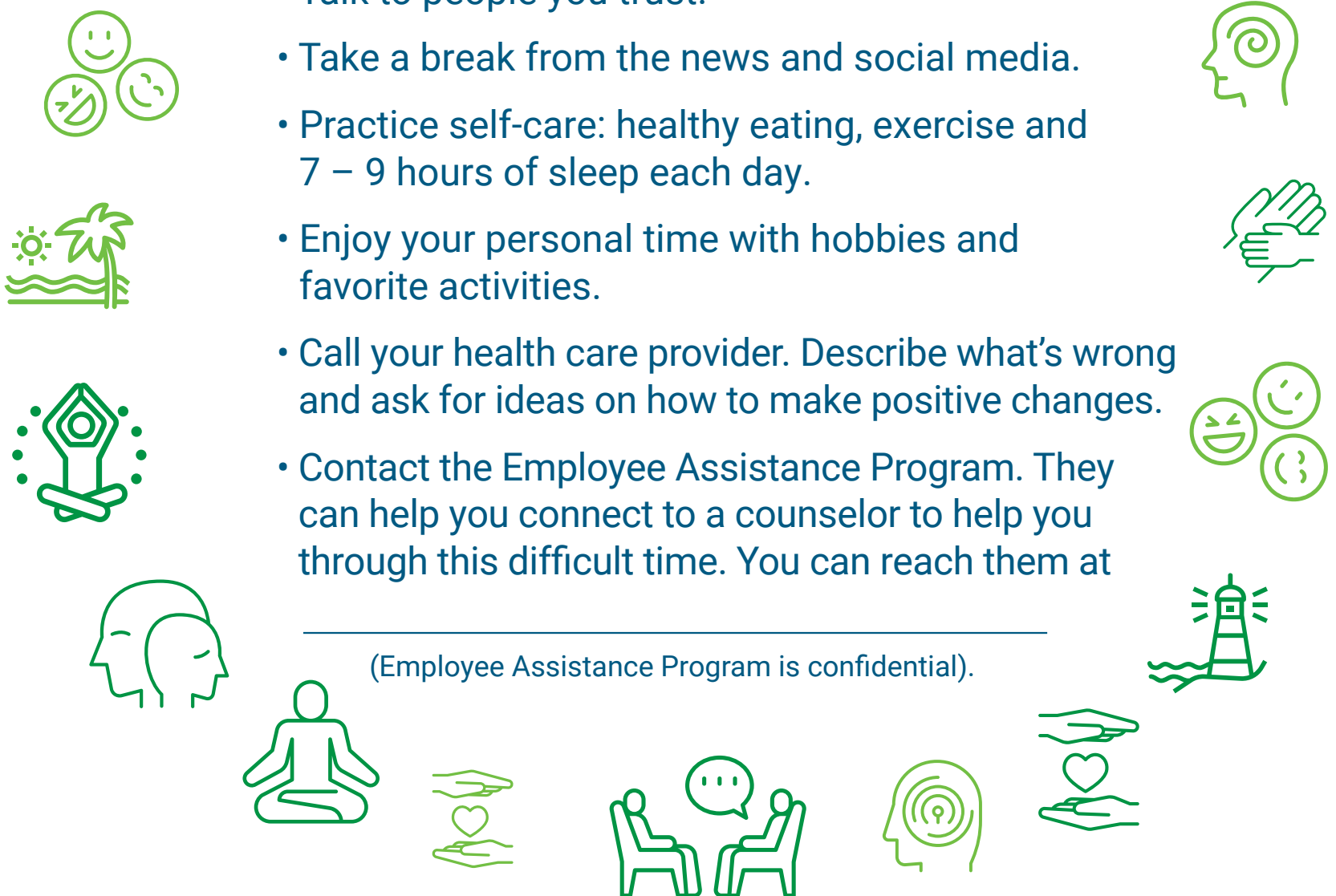
- Feelings of being physically or mentally drained
- Feeling sad, lonely, numb or worried
- Difficulty focusing or making decisions
- Changes in appetite or sleep patterns
- Arguing more or becoming more easily frustrated
- Increases in alcohol or drug use
- Difficulty in circumstances at home



These ideas may help!

- Talk to people you trust.
- Take a break from the news and social media.
- Practice self-care: healthy eating, exercise and 7 – 9 hours of sleep each day.
- Enjoy your personal time with hobbies and favorite activities.
- Call your health care provider. Describe what's wrong and ask for ideas on how to make positive changes.
- Contact the Employee Assistance Program. They can help you connect to a counselor to help you through this difficult time. You can reach them at

(Employee Assistance Program is confidential).



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