

SAFETY BLITZ

HEALTH & WELLNESS

MENTAL HEALTH



MEN-TAL HEALTH

/ˈmen(t)l heɪlθ/

a person's condition with regard to their psychological and emotional well-being.

MENTAL HEALTH BASICS

- One in 5 American adults experience a mental health condition in any given year.
- Poor mental health can make a person more vulnerable to certain physical health problems such as heart disease, stroke and type 2 diabetes, as well as excessive fatigue, lack of concentration, and increased agitation.
- Good mental health helps a person have a more positive outlook on life.
- Our moods are improved and our self-esteem is enhanced when our mental health is good.
- Non-medical treatment for mental health problems can include therapy, yoga, exercise, meditation, and holistic methods.

MANAGING STRESS IN EVERY DAY LIFE

- **Acknowledge** how much you do and how much these actions require of your body, mind, and emotions.
- **Check in** with yourself. Take an intentional pause in your day and make time for you.
- **Create** healthy boundaries. Time is a limited resource, so spend it wisely.
- **Touch your lips.** NO SERIOUSLY. Your lips have parasympathetic fibers and touching them activates the body's relaxation response.
- **S.T.O.P.** - When you begin to feel overwhelmed: Stop what you're doing, Take a breath, Observe what you are feeling, Proceed with your task.
- Limit the amount of time you listen to talk radio. Studies show this can lead to anxiety and stress. Listen to music or an audiobook to ease stress.
- Regular walking and exercise can help reduce stress.



Love's Travel Stops is the nation's leading travel stop network with 644 Love's locations in 42 states. Love's is committed to providing customers with "Clean Places, Friendly Faces" at every stop.

Thank you to Love's Travel Stops for partnering with our team this year to promote Healthy Lifestyles.



OPTIMISM - THE ULTIMATE PERFORMANCE ENHANCING DRUG

Expand your concept of optimism: it's not just about "nice thoughts". Optimism builds confidence in our daily activities. It allows us to focus on opportunities and identify solutions to the problems we face throughout our day. Improve your outlook and train your mind by following these steps for 5 days:

- Start each day with a **Mindset Warmup** - wake up your mind when you wake up your body:
 - Breathe - inhale for 5 seconds, exhale for 10 seconds.
 - Be Grateful - think of one thing you are thankful for and feel the gratitude.
 - Decide - choose how you will interact with yourself and others throughout the day.
 - Visualize - what do you want to complete and how do you want to feel at day's end?
- Practice positive perfectionism - focus on how you can do your best.
- Find the "good" - scan your world for 3 good things each day; write them down.
- Crack a smile - put an emphasis on positive emotions.
- Mental Cooldown - at the end of the day, ask yourself:
 - Is there another way to think about what went wrong today? No day goes perfectly.
 - What were my big wins for the day? Focus and reflect on your strengths.
 - What was today's kryptonite? People, actions, or thoughts that sapped your energy.
- REMEMBER: Working on your mental and emotional fitness lets you remain strong and vital for the rest of your life. Afterall, the mind is where strength matters most!



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