Mental Health & Your Well-Being

Take Control of Your Mental Health in 2020

Mental health is essential to maintaining your personal **well-being**, family, and interpersonal relationships, as well as the ability to contribute to your community. Mental health is influenced by several biological, psychological, social and environmental factors which are constantly interacting in complex ways.

WHAT IS WELL-BEING AND HOW DOES IT CONNECT TO MENTAL HEALTH?

Well-being refers to being in a state of alignment and overall happiness and health. Your environment and circumstances can influence your overall well-being, but daily choices, eating and physical habits and behavior are essential factors when prioritizing your **mental health.**

THE FOUR CONCEPTS OF WELL-BEING

Understanding the four concepts of well-being can help with your awareness of daily actions and behaviors. Nurturing these concepts is fundamental to sustaining your mental health.

1. **Physical Well-Being** — Focuses on how well your body functions. This can include eating healthy, being active, avoiding destructive behaviors and substances, getting enough sleep and taking care of yourself when you're ill.
2. **Mental Well-Being** — Focuses on how good you feel about yourself, as well as how you feel emotionally and psychologically. This can include coping with stress, working productively and exhibiting self-esteem and confidence.
3. **Financial Well-Being** — Focuses on your relationship with finances and saving for your future. This can include investing in your retirement, budgeting and reducing debt.
4. **Social Well-Being** — Focuses on your relationship with your peers, your community and the environment. This can include volunteering, living sustainably and joining workplace clubs to meet other co-workers.

QUESTIONS

Don't hesitate to reach out to our Employee Service Representative (ESR) Team. They can provide additional information on programs available that can help with your overall health and well-being.

Contact the team at **844-231-8414 or esr@creativebenefitsinc.com**!