

Mental Health Matters

May 2024



Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free

888-444-8624 any time

OR

Go to

www.liveandworkwell.com
and browse as a guest using code **CSEBO**

May is Mental Health Awareness Month

4 things likely affecting your mental health, and 4 things you can do about it

Relationships or the pressures of performing at work or school are things we all know can have an impact on mental health, but sometimes it's less obvious when the world around you is what's causing problems. Whether you realize it or not, one or maybe all of these four things are probably affecting your mental health in some way right now.

1. Current Events

Violent events impact people across the world. Maybe you have family in a conflict zone, are worried about increases in identity-based hate, or have no personal ties to a particular news event but are constantly seeing graphic images online. A 2022 study found that 73% of American adults reported being overwhelmed by the number of crises going on in the world.

2. Loneliness

Recent survey data show that more than half of U.S. adults (58%) are lonely, with those who are low income, young adults, parents, part of an underrepresented racial group, or living with a mental health condition experiencing even higher rates of loneliness. Loneliness increases the risk of developing anxiety and depression, and has been associated with psychosis and dementia. A low level of social interaction was found to have an impact on lifespan equivalent to smoking nearly a pack of cigarettes a day or alcoholism, and was twice as harmful as being obese.

3. Technology

Having the internet at your fingertips can be a fantastic thing — you can learn, connect with healthcare providers, keep in touch with friends and family — but it isn't without its downfalls. Exposure to constant [bad] news coverage and contentious political campaigns can make anyone's mood sour and cause anxiety about what lies ahead. In fact, almost 60% of young people (ages 18-25) expressed considerable worry about the future of the planet. Social media can cause FOMO, depression, and reduced self-esteem as a result of comparison. Furthermore, the lines between work and personal time are blurred by working from home and after-hours email notifications on your phone, increasing the likelihood of burn-out.

4. Social Drivers

Social drivers (also called social determinants) of health are the conditions in which you live, work, learn, and play. These include economic status, education, your neighborhood, access to resources (nutritious food, health care, green space, transportation, etc.), and social inclusion, and can have a far-reaching impact on not just your physical health, but also your mental health.

Full article found at <https://mhanational.org/things-affecting-mental-health>





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In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 –(24 hours)

**MENTAL
HEALTH
MATTERS**
#ENDTHESTIGMA

Things you can say when you're not "fine"

A simple “hello” is usually followed by “how are you” or “how have you been” – and most of the time the answer is “good” or “fine.” But what if you’re struggling? Here are some things you can say when you’re not okay.

I'm Not Fine

- I'm actually going through some stuff.
- Thanks for asking. _____ has been stressing me out lately.
- I'm in my feels / I've got all the feels.
- I'm having a day / It's been one of those days, well, weeks really.
- I'm feeling some kind of way.
- Ugh. I can't stop thinking about _____.
- Not so great, to be honest.
- On the struggle bus.
- Feeling rough.
- Today is not my day.

I Want To Talk About It

- Do you want to get coffee / lunch / dinner and chat later?
- Did you hear about _____ (something from the news that's bothering you)?
- I'd love to get your advice about something.
- Can I text you?
- Want to take a walk with me?
- I need to vent.
- Do you have time to listen?
- I'm having some issues with _____. Do you have time to talk?
- Can I bounce some thoughts off you?
- Have you ever felt like _____ (how you're feeling)?

I Don't Want To Talk About It

- Thanks for asking, but I don't feel like going into detail.
- I appreciate that, I'm just not ready / don't have the time to talk right now.
- I'm still trying to find the right words.
- I'm not in a talking mood right now. Thanks, though.
- I don't feel like talking, but I'll take a hug.
- I don't want to talk, but I don't want to be alone. Do you have time to just hang out for a bit?

Full article found at <https://mhanational.org/say-when-not-fine>