



Mental Health & Wellness in the Workplace

Recognize. Manage. Thrive.

Why Mental Health Matters

Physical health

Relationships

Job performance

Decision-making

Quality of life

What is Mental Wellness?

Managing	Managing everyday stress
Maintaining	Maintaining healthy relationships
Adapting	Adapting to change
Working	Working productively
Recognizing	Recognizing when support is needed

Understanding Stress

Positive Stress

- Learning something new
- Meeting goals
- Solving challenges

Negative Stress

- Excessive work
- Conflict
- Financial concerns
- Uncertainty

Signs of Stress

Physical

- Fatigue
- Headaches
- Muscle tension
- Sleep issues

Emotional

- Irritability
- Anxiety
- Mood changes

Work-Related

- Difficulty concentrating
- Increased mistakes
- Reduced productivity

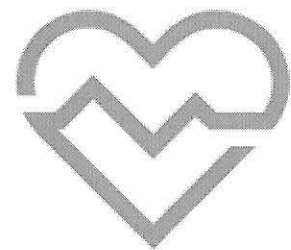
Identifying Stressors & Triggers

Workplace

- Workload/deadlines
- Uncertainty
- Change
- Interpersonal conflict

Personal

- Personal responsibilities
- Financial pressures
- Health concerns
- Loss



Activity

What situations create stress or how do you identify when stress is building?

What activities help you feel calmer or how have you successfully coped with stress?

Healthy Coping Strategies



Physical wellness – regular exercise, stretching during the workday, adequate sleep, healthy nutrition, hydration, breathing



Social wellness – connecting with supportive people, seeking assistance, attending positive social activities



Emotional wellness – practice gratitude, journal, setting realistic expectations/small goals



Mental wellness – focus on what you can control, break up larger tasks, prioritize

Self-Regulation Techniques

Pause & Breathe

Benefits – Reduce heart rate, improve focus, activate calming response

How – inhale 4 seconds, hold 4 seconds, exhale 6 seconds, repeat

Grounding exercise (5-4-3-2-1)

Identify:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Benefits – reduces panic/anxiety, improves focus, interrupts negative thought cycles

Cognitive reframing

Instead of “Everything is going wrong”

Try “what is one thing I can do to improve the situation”

Stress reset

Focus on what is within your control and take one next step



Building Resilience

Resilient People:

- Adapt to change
- Learn from setbacks
- Seek support
- Focus on solutions
- Practice self-care

Resilience Can Be Developed

Key Takeaways



Mental health is part of overall health.



Recognize stress early (stress is normal).



Use healthy coping tools.



Seek support when needed.

Find help today

Receive support when and how you need it.



Call us

Reach us at 800-999-7222
24/7 for free, confidential help



Visit our website

Go to anthemEAP.com/SISC



Your privacy matters. If you contact EAP, no one will know, unless you give permission in writing.* Let us give you a helping hand. Please call 800-999-7222 or go to anthemEAP.com and enter SISC to log in.

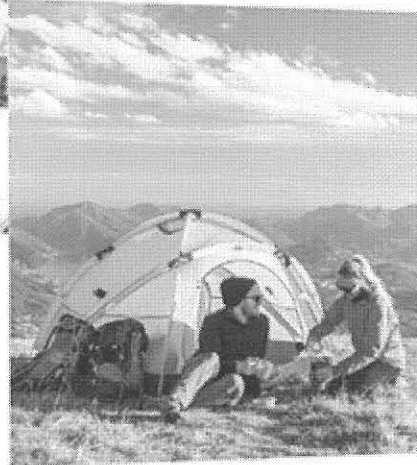


Emotional Well-being Resources

These no-cost digital tools can teach you how to manage stress, anxiety, depression, substance use, and sleep issues.

Feeling overwhelmed, stuck or lost?

Lean on EAP, day or night.



What is an Employee Assistance Program (EAP)? It's a no-cost employee program to help you meet life's challenges. Call 800-999-7222 or visit anthemEAP.com and enter SISC to log in. Everything you share is confidential.

Employee Assistance Program

800-999-7222

anthemEAP.com

Enter SISC to log in for free, confidential help, any time, day or night

Anthem

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Language Access Services: 1-877-722-7222

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Chinese: 如有需要, 請撥打 800-999-7222 或訪問 anthemEAP.com

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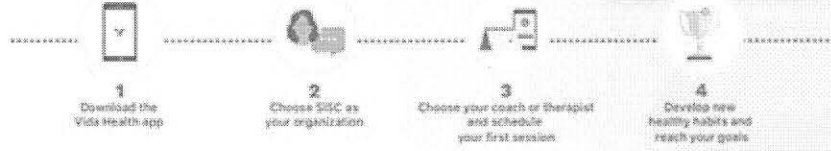
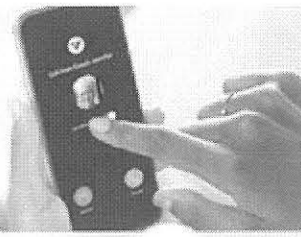
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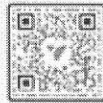
A personal health coach or therapist to help you get healthier



Vida Health – your free health benefit through SISC – will match you with a health coach or therapist who will help you manage diabetes, lose weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life.

Vida will help you get healthier. That's why SISC will cover the cost for you.

With Vida, you'll get a virtual coach or therapist to help you with things like:



Explore your new benefit now

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