

A photograph of a dirt road winding through a vineyard at sunset. The road is in the center, flanked by rows of grapevines supported by wooden stakes. The sky is a warm orange and pink, and the overall scene is peaceful and scenic.

LifeWorks

Prevention: Could it be the key to positive mental health?

January 31 is Bell Canada's annual [Let's Talk Day](#) in support of mental health initiatives. In honour of this event, LifeWorks, your Employee Assistance Program (EAP) and work-life/well-being resource, is featuring 10 preventative strategies to help support positive mental health. It's true: Just as prevention works to support physical health, it also helps to protect emotional well-being!

- 1) **Be self-aware.** Pay attention to how you're feeling and thinking, and don't ignore signs or changes that concern you.
- 2) **Talk about issues that you find stressful.** Confide in a trusted peer or loved one for support. And share your concerns early on: The act of venting releases stress, and may even help you resolve the problem.
- 3) **Keep stress levels in check.** Learn skills to combat stress like relaxation, deep breathing, resilience- building, and positive thinking techniques. A short practice of only a few minutes each day can make a difference.
- 4) **Get moving.** If you're feeling uninspired or unenergetic, the last thing you likely want to do is exercise. But physical activity can help boost your mood and release stress.
- 5) **Avoid overload.** Feeling overwhelmed or overscheduled, all the time? Prioritize and pick the commitments that matter to you most, and learn to say "no" to the rest.
- 6) **Sleep.** Long-term sleep deficiency can contribute to irritability, lack of focus, and even to the development of emotional problems like anxiety and depression. Learn about healthy practices, and aim for 7 to 9 hours of restful ZZZZZs every night, depending on your personal sleep need.
- 7) **Reach out if you're having trouble processing grief.** Seek professional help if feelings of sadness, anger, or loss are too much to bear. Whether due to trauma, death of a loved one, illness, or any other challenging life event, difficult emotions may sometimes require qualified, professional support.

- 8) **Revel in "me time."** Indulge your hobbies and passions. Recharge and unwind by carving out personal time every day -- take a walk, take a bath, read a book, or just take five! Fun, personal pursuits can give you a mental break from stress.
- 9) **Avoid nicotine, alcohol & illegal drugs.** You may even wish to avoid caffeine! Mood-altering substances don't help your body and your brain function at their best. Drink plenty of water and eat nutritious foods to fuel your body and help keep you strong.
- 10) **See your doctor or consult the EAP if you're concerned about any aspect of your well-being.** Be honest about your concerns, or symptoms you're experiencing to ensure you get the right help.

Remember: LifeWorks is here for you any time, 24/7, with answers to your questions, as well as with support, advice, and strategies. You can also log in to the LifeWorks platform (login.lifeworks.com) any time to access resources like these to help you promote positive mental health in your life, and for your loved ones:

- [Choosing a Counsellor or Therapist](#)
- [Do You Have Symptoms of Depression?](#)
- [Managing Your Moods: Simple and Practical Tools for Everyday Living](#)
- [Overcoming Anxiety](#)
- [Quick Facts About Depression](#)
- [Seasonal Affective Disorder](#)
- [Stress and Depression at Work](#)
- [When a Family Member Has a Mental Illness](#)
- [When Someone Close to You Talks About Suicide](#)
- [When Someone You Love is Depressed](#)

LifeWorks is here for you, whenever you need us, day or night, with advice, resources, and referrals to support your mental, financial, physical, and emotional well-being.

Log in any time to login.lifeworks.com

User ID:

Password:

Contact LifeWorks toll-free, 24/7:

Get the "LifeWorks" app!



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