



Safety Tidbits

Job
Options,
Inc.

May 2023



Mental Health Matters

Protect your mental health and prevent problems.

Protecting our mental health is like brushing your teeth everyday—it’s important in preventing problems. This is the same for our mental health. Below are some tips to help you cope with life and the hardships that come with it. Some tips might be easier than others, but why not give them a try and see which one suits you best?

- 1 **Spend time in nature:** Nature can have a really calming effect on us. Some say it helps them feel calmer, more hopeful and less alone.
- 2 **Think positive thoughts.** Our thoughts drive our emotions. For each negative thought, find a positive thought to counter the negative one.
- 3 **Keep good friends:** The people you surround yourself with makes a huge impact on your mental health. Stay close to good people with good energy.
- 4 **Refrain from using drugs/alcohol:** These don’t stop the feelings, they just make things worse and create other problems for you and potentially others.
- 5 **Manage your money:** Money problems could be a big weight and stress factor. But, it can be avoided with some discipline and good budgeting habits.
- 6 **Get more sleep:** Getting good sleep makes a difference in our bodies, attitudes, energy and ability to cope with life.
- 7 **Keep moving:** Sports, gardening, dancing, cycling, walking, working out are great ways to help you feel good and improve your mental and physical health.
- 8 **Eat Healthy Food:** Food and drinks affect our bodies, brains, and mood. Eating fruits and veggies is essential for good physical and mental health.

Start Today

Make a plan and set it in motion. Use the example on the right to write down your thoughts on what you plan to do to improve your mental health. To make it easy, choose a few from the list above. Start there and add other things you’d like to explore. Little by little, day by day your mental health will improve.

Be kind to yourself

We can all get stuck in familiar ways like how we spend our money, what we eat or drink, how we think, and how we cope and deal with the hardships in our lives, but life is beautiful and we deserve to see it’s beauty. We could all benefit from positive self-talk, laughter, and better choices. If you fall off the tracks, just stay on the path and “recalculate” like a GPS would if you miss a turn.

Ways To Improve My Wellness

WHAT I WILL DO	THINGS I NEED
Example: I will go on a short hike this Saturday.	Research hikes. Write list of things to bring like water, sunblock, snacks, hat, etc.
Example: I will walk around my neighborhood for 30 min.	Plan a route. Set a time. Ask a friend to come with me.

Take advantage of our

Employee Assistance Program

You and your household members can benefit from the FREE services provided as part of your benefits.

The Employee Assistance Program can help you with:

- Stress management
- Anxiety and depression
- Legal and financial matters
- Work/life balance
- Relationships and marriage
- Child and elder care
- Substance Abuse
- Weight loss and more...

Confidential services are available 24 hours a day, 7 days a week. A benefit isn't a benefit if you don't use it!

FCE/Magellan:

1-800-424-4178

FCE/Magellan Online: <https://www.magellanascend.com/Home/Login>

Company Name (type and select): Job Options

Select Your Group: FCE

Aetna

1-800-342-8111

Aetna Online: www.resourcesforliving.com

Username: job options

*If you are a beneficiary of FCE Benefits, you are eligible to access both Employee Assistance Programs (EAP) provided by FCE and Aetna.

If you do not have FCE coverage, you may only access the EAP provided by Aetna.

Complete the following quiz and turn it in to your Project Manager by Friday, May 26, 2023 to be entered into our drawing. Winners will receive a prize!

1. Getting good sleep makes a difference in our bodies, attitudes, energy and ability to cope with life. T F
2. For every negative thought you should find a _____ thought to counter it. T F
3. The _____ can help you and your family members deal with anxiety, depression, financial matters etc. T F
4. Money problems can be a stress factor. T F
5. Nature can have a calming effect and can make one more hopeful and feel less alone. T F
6. **Choose one:** Protecting your (mental health / teeth / car) is important in preventing problems.
7. If you fall off the track to good mental health, just stay on the path and _____ like a GPS would if you miss a turn. T F
8. I can do the following to help keep my mental health on track: _____

Name: _____ Worksite: _____

(Please print)