



ELEVATE!

Mental health and Well-being e-newsletter

1st Edition



About ELEVATE!

ELEVATE! Is a mental health and well-being newsletter developed and distributed by **Occupational Health and Wellness Services Ltd (OHWS)**.

This newsletter aims to improve the reader's knowledge of mental health and thus reduce the stigma associated with mental illness while providing practical tools to improve mental health and wellbeing in the workplace and in our society at large.

IS MY MENTAL HEALTH IMPORTANT?

World Health Organisation defines mental health as "A state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community".

Our mental health impacts our social life as well as our overall, psychological and emotional state. A truly healthy individual is both physically and mentally healthy and both states of health are inextricably linked. In other words, our physical health can significantly impact our mental health and vice versa. It stands to reason therefore that we should pay closer attention to our mental health in order to

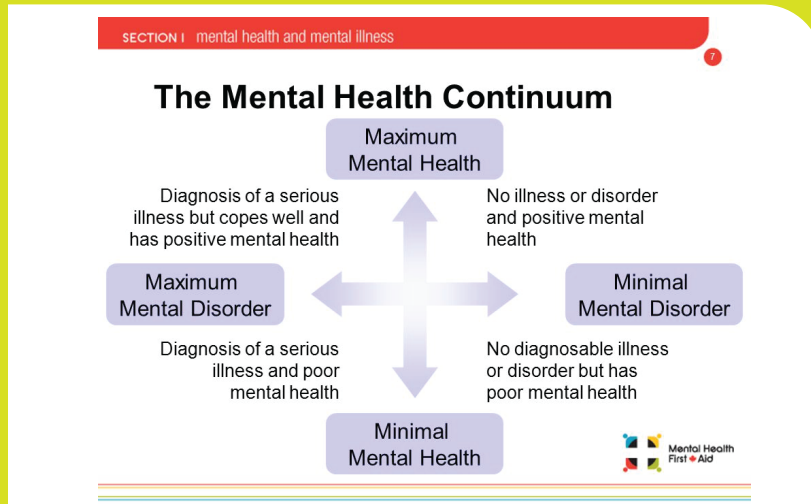
maintain our physical health and be truly healthy "all round".

How do I know I have sound mental Health?

- I am able to adjust to or recover from challenges.
- I am able to initiate and maintain fulfilling relationships.
- I have a healthy amount of self-confidence and self-esteem.
- I understand the value of self-care and I practice caring for myself.
- I understand the value of caring for others and I do so whenever I can.
- I am largely in control of my emotions.

THE MENTAL HEALTH CONTINUUM

Mental health is in a continuous state of flux and is often characterized by a spectrum of states ranging from Good mental health to poor mental health to mental illness. Everyone is somewhere on the spectrum and can move from one point to the other depending on the things happening in our lives or around us and how we interpret them.



Consider these questions: Where are you on the spectrum today? Where have you been over the past few weeks? What can you do to move yourself further in the direction of maximum mental health?

DID YOU KNOW?
Poor mental health increases your risk of stroke, heart disease, cancer etc.



DEALING WITH THE UNCERTAINTY OF COVID-19

The world as we know it has changed, economies are in free fall, unemployment rates are at an all time high, businesses are closed indefinitely or working at a decreased capacity, nations are locked down and social distancing is the new norm. These changes are all due to

the unexpected pandemic "COVID-19" and it appears there is no end in sight. How can we preserve our mental health and cope during these times of extreme uncertainty?

Stay informed not obsessed.

While it is important to stay abreast of global goings-on as far as COVID-19 is concerned, it is very important to regulate what you consume in terms of information. Rather than leaving the channel on the news for the

entire day, pick a period every day when you catch up on the news. You'll find you use your time more productively that way. Your news source is important too, stick to reliable and verifiable news sources, as fake news can exacerbate distress

or anxiety needlessly.

Learn something new

With more time on your hands, consider picking up a new skill such as a learning a new language, taking a course on Microsoft Excel, coding

etc. the internet contains a treasure trove of learning and a lot of the content is either free or affordable. The sense of fulfillment you will get from setting and achieving a challenging goal is worth the effort and is great for your sense of wellbeing!

Connect with others

Stay in touch with your loved ones via audio and video calls, chatting

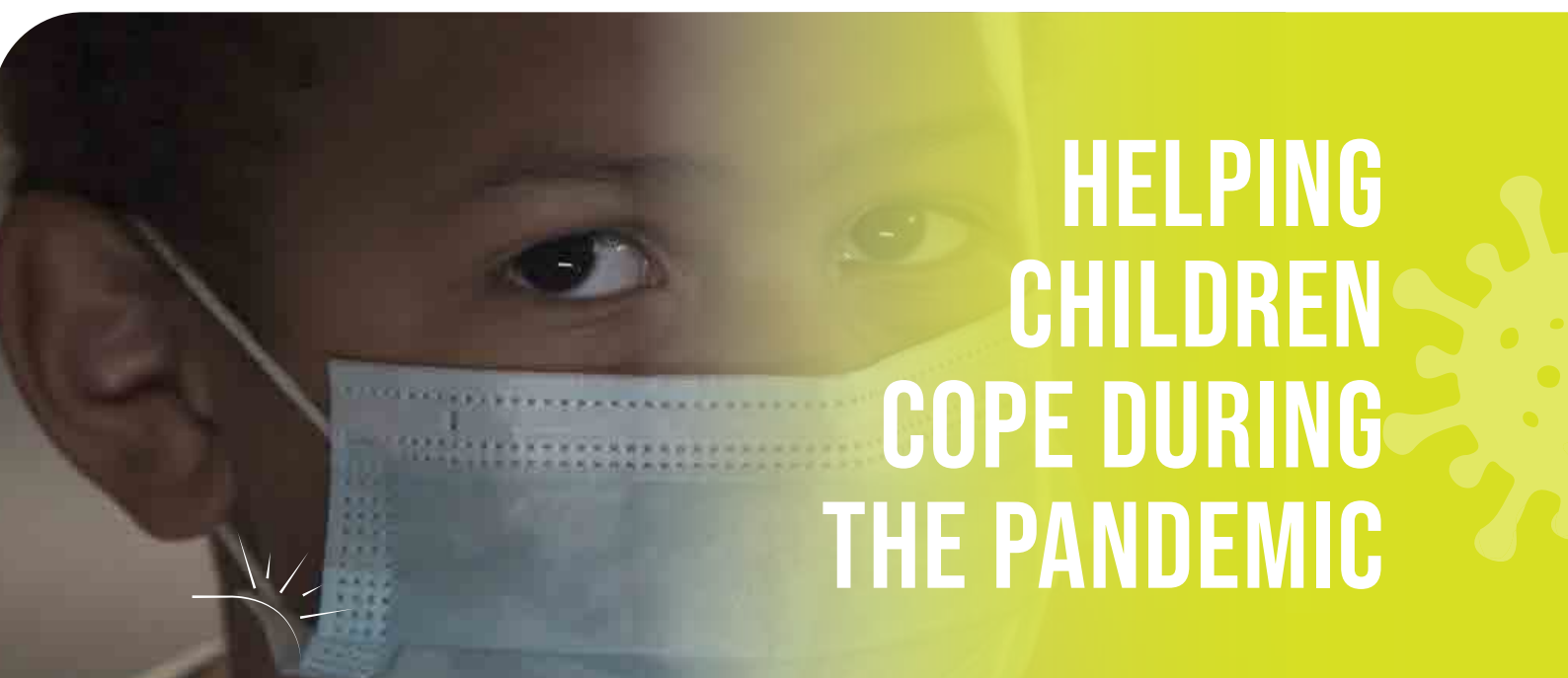
etc. Be intentional about it, make time every day to catch up with those that are important to you. Loving relationships are great for boosting our sense of self-worth, confidence and well-being.

Make time for yourself

What are your hobbies? Spend time doing stuff you love, reading a good book, watching a show on cable or Netflix, listening to music. Engage in

an activity that you enjoy or that relaxes you every day for at least 30 minutes. You must make time for yourself in order to be able to be the best version of yourself every day.

Adequate rest, hydration, nutrition and staying physically fit will keep your mind and body healthy and help you cope better.



HELPING CHILDREN COPE DURING THE PANDEMIC

The surest way of helping your children cope in a healthy manner is being calm. Children often take cues from their parents or care givers, they'll panic if you panic. You must watch the things you say and do around them as this will affect their perception of the situation. Endeavour to look after yourself in order to provide the best care to them.

If your children are old enough to have meaningful conversations, discuss the situation with them, it

is both a learning and a bonding opportunity. Balancing out the good news and the bad is important, for example letting them know that although COVID-19 is highly infectious, most people recover, emphasizing on the effectiveness of preventive methods etc.

Develop and stick to a healthy routine. Include times for learning, times for fun, faith based activities, nap time and time outside in the sun. Institute a fixed time for bed

and stick to it as much as possible. Children thrive when there are clear routines in place.

Spend meaningful time with them, read a book, watch a show or movie together, do their academic-work with them and tell them how much you love them regularly. Emotionally balanced children are more resilient and cope better in the face of adversity.



AN ATTITUDE OF GRATITUDE



Your Mental Health Tool kit

The NHS in collaboration with Public Health England have developed a useful and free tool for creating a customized self-care plan to manage your mental health, check it out here:

[CLICK HERE](#)

ATTENTION MANAGEMENT!!!!

We hear about taking out safety moments during safety meetings; consider taking a health and well-being moment during which you can discuss health or wellbeing issues for a few minutes.

UPCOMING WELLBEING DAYS

World Hand Hygiene Day
- 5th May

World No Tobacco Day
- 31st May

In the midst of all this uncertainty, is there anything you are grateful for? If you look around you or think hard enough, you will find something or someone you are grateful for.

PRACTICE:

Try this out by yourself or with your family, just before bed, try to list out everything you are grateful for, ensure you say them rather than just think of them, your list may be shorter or longer than you expect but every time you do this, you are re-focusing on the good things in your life, no matter how little and this will improve your mood and overall well-being.

REFLECT

"If you love life", don't waste time because time is what life is made of- Bruce Lee
Questions to ask yourself: How do you spend your time? If your life was a pie and you cut it into slices of time every day, who gets what? Who or what gets the most? Does your family get the least? Do you have time for yourself? Reflect and review, what needs to go? What needs to stay?

STAYING SAFE DURING COVID-19

As we tackle this disease globally, here's a little reminder about how to keep yourself and your loved ones safe:



Stay at home as much as possible



If you do go out, use a face mask



and maintain a distance of at least 6 feet from others



Wash your hands frequently using soap and water alternatively use an alcohol based hand sanitizer



If you feel unwell, please seek medical attention as soon as possible.

Next Time on

ELEVATE!

Tackling stress in the workplace

We are an occupational health service provider focused on optimizing mental health and wellbeing in the work place through the delivery of a variety of evidence based interventions including resilience building, mental health first aid and awareness training, employee psychological support services, organizational wellbeing program design and implementation .
For more information, send an e-mail to info@ohws.ng



OccuHealth & Wellness Services