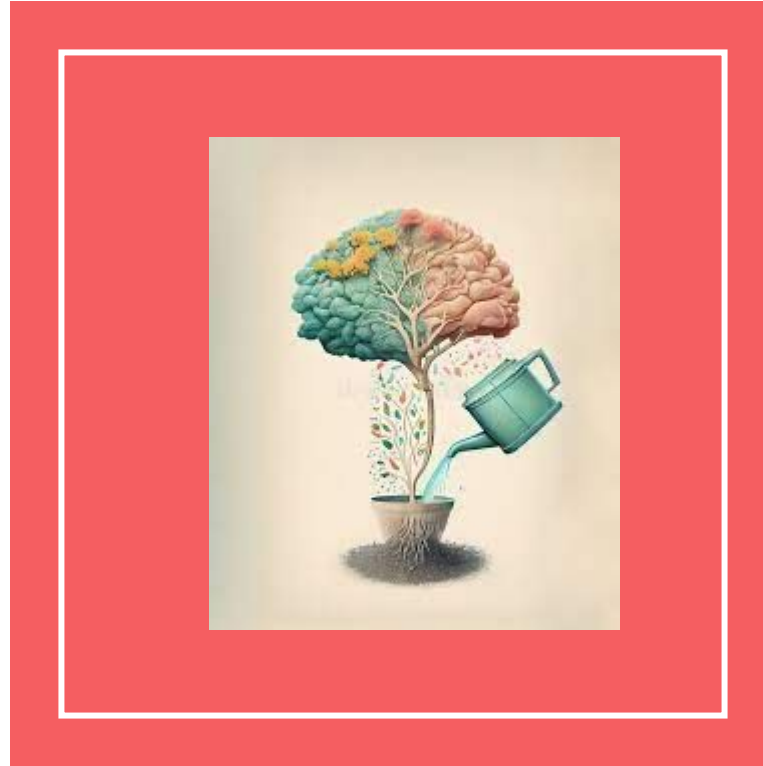


# Understanding our Mental Well-Being

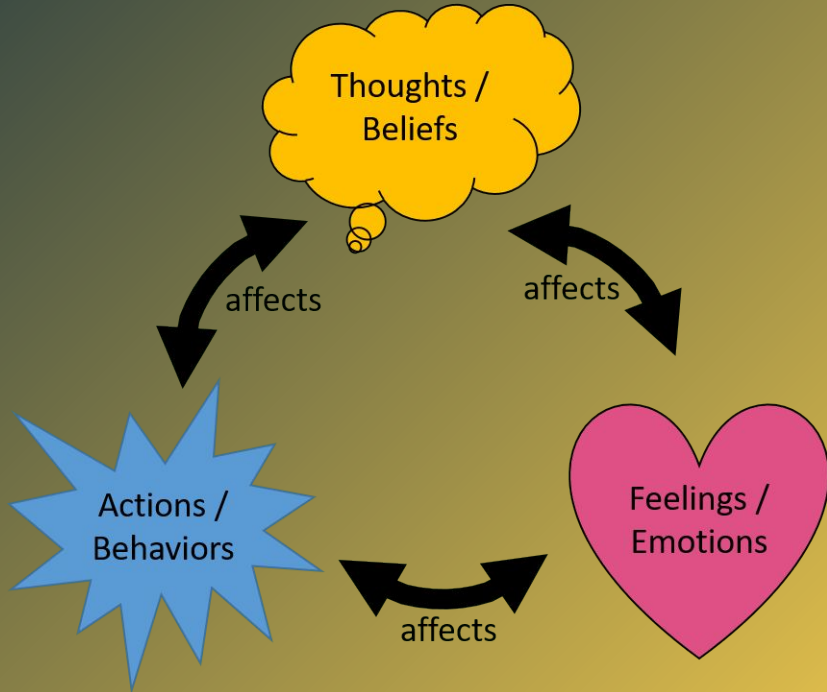


*Dr. Zemed Berhe*

# What is Overall Well-Being

Our physical and psychological well-being is inextricably interconnected to our emotional health. The goal is to be healthy and balanced individuals with holistic wellness in mind. Stress is inevitable and is part of our functioning as human beings. Our ability to cope with stressors, challenges, and addressing our problems allows us to fully function as whole individuals. Embracing a spectrum of human emotions and developing a positive mindset, equips us with the capacity to cope with a range of obstacles and work towards achieving the fullness of our optimal health.

# Emotional Health



---

Emotionally healthy people are able to control their thoughts, feelings, and behaviors.

---

Our emotions are valid and important and embracing them lead to our overall well-being

---

In order to cultivate emotional health we have to first identify and acknowledge our emotions

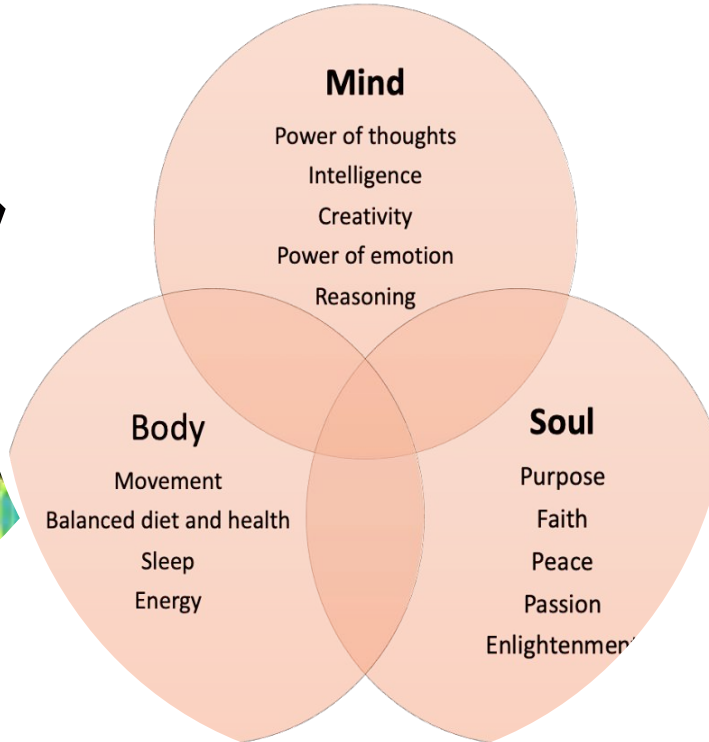
---

Emotions affect our thoughts which can impact worries, negative/positive ways of coping, and inform our behaviors.

# Connection between Mind and Body

Our mind and body are one entity. It is important that we strive for overall health that focuses on addressing our psychological, emotional, and social well-being. To be mentally well means to be physically well, and vice versa. Reducing stress has shown to have significant effects on how our mind and body responds to anxiety, depression, and trauma.

Studies show that individuals that have a mental health problem are more likely to develop preventable physical health conditions like cardiovascular problems, heart disease, hypertension, and diabetes.



*Physical Health + Mental Health = Overall Well-being*

# Living a Balanced Life

## *SEEK CONNECTION*

Be in community with others. Reach out to friends/family

## *TAKE CARE OF YOUR BODY*

Do routine check-ups, visit a doctor and/or take medication as need for any physical illnesses.

## *EAT HEALTHY*

Make sure to eat clean and regularly. Focus on eating nutritious food and avoid sugar, junk food, soda.

## *PRIORITIZE SLEEP*

Sleep is paramount. Try going to bed and waking up at the same time each day. Adopt healthy sleep hygiene practices. Reduce phone use at night before bed.

## *EXERCISE*

Consistent exercise is an antidepressant. Move. Stretch. Breathe. Go outside for a walk or be in nature. Mother earth is the best medicine.

## *AVOID MOOD-ACTERING SUBSTANCES*

Avoid substance use as a coping mechanism.



**SELF-CARE**

# Practicing Self-Care Means....

Exercise, meditation, yoga

Sleep, sleep, and more  
sleep

Staying hydrated and  
nourished

Reduce Screen Time  
(phone, social media, TV,  
electronics)

Therapy or friend  
therapy

Talking to people who  
fulfill you

Being consistent and  
intentional in your efforts  
and creating a routine

Taking a mental inventory  
of your energy, stress,  
anxiety

Write about it, sing, listen  
to music

Surround yourself with  
positive like minded people  
who replenish your cup,  
uplift you and boost your  
energy and confidence.

Allowing yourself a safe  
space to cry, be  
vulnerable, sensitive,  
emotional

Starting your day with a  
positive affirmation



# Create a Self-Care Toolbox

## Examples utilizing the five senses

- ❖ Smell: Burning incense, sage, lavender oil, calming spray
- ❖ Touch: Warm blanket, something soft on your skin, sun hitting your skin if outside, warm bath/shower
- ❖ Taste: Drinking hot tea, observing the taste of food, gum, mint, snack
- ❖ Sound: Music, the sounds you hear around you
- ❖ Sight: Observing what is surrounding you, a picture you like, observing nature, beach



