



BEHAVIORAL HEALTH: A HOLISTIC APPROACH TO MIND, BODY CONNECTION

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Objectives

Participants will identify that thoughts, feelings and behavior are intertwined.

Participants will identify two strategies for improving emotional fitness

Emotional Fitness

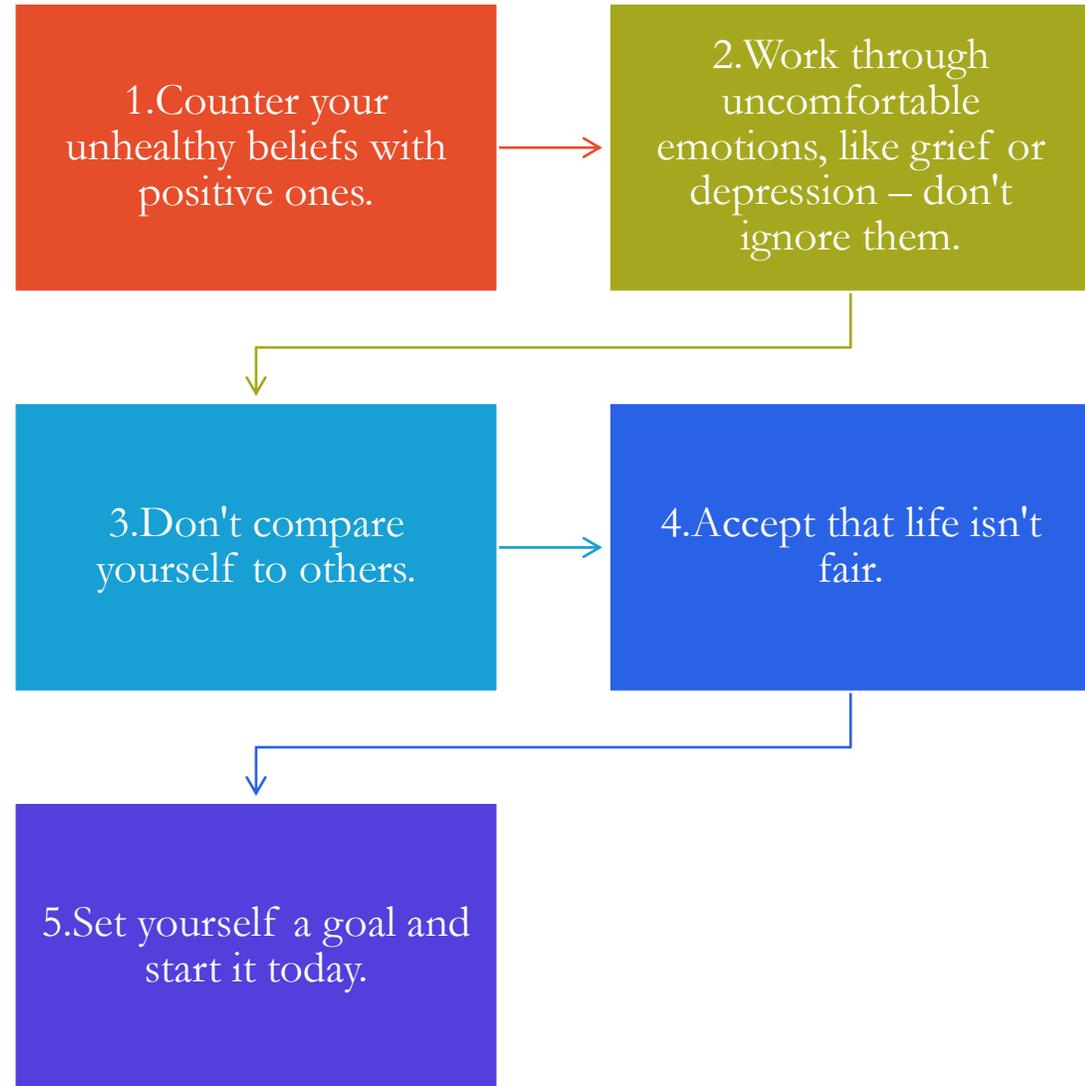
- Wide Range of Conditions:
- Affect your mood, thinking and behavior
- Affect ability to relate to others and function on a daily basis
- Behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning (cognition, emotion, impulse regulation)

Emotional Fitness

- Being resilient, positive and focused. It means you can change your mindset from angry, anxious or sad and instead focus on constructive emotions and tasks. Ultimately, you're able to bounce right back and continue on your journey even stronger than you were before.

Strategies For Improving Your Emotional Fitness

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Why So Quiet About Mental Well-Being?

- Continued stigma
- Fear of losing out on opportunities (promotion) at work
- Fear of losing their job
- Consider it a private issue
- Considered a failure, weak, unable to “deal”
- Employers are afraid to inquire...risk/liability (ADA)/privacy
- “I’m the only one...”



Mental Well-Being

A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Steps to Mental Well-Being



1.CONNECT



2.BE
ACTIVE



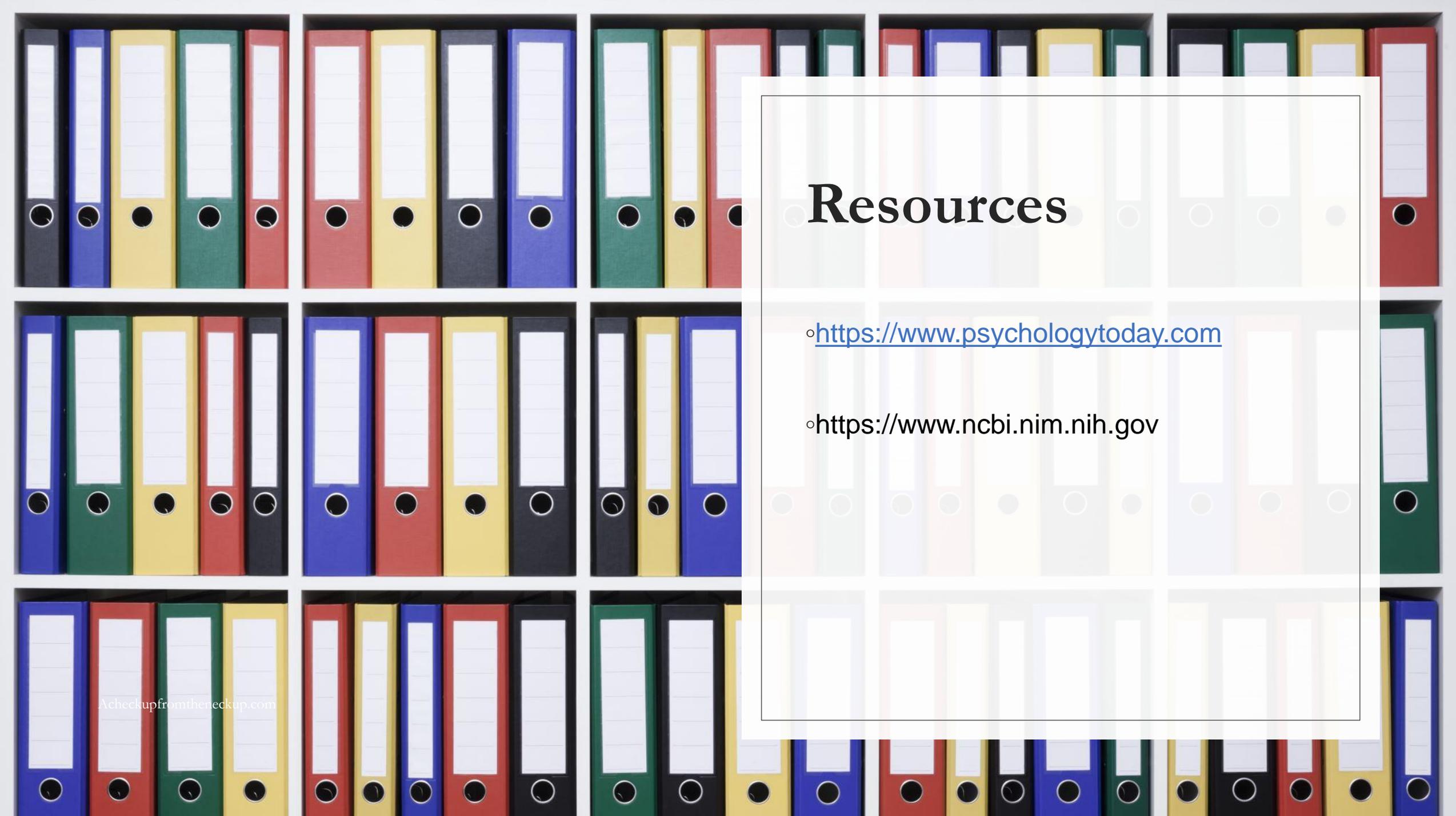
3.KEEP
LEARNING



4.GIVE



5.TAKE
NOTICE



Resources

◦ <https://www.psychologytoday.com>

◦ <https://www.ncbi.nlm.nih.gov>



**Remember we all
need a checkup from
the neck up to
maintain emotional
and mental well-
being!**

Thank
You!

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