



# Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

## 5 Common Mental Health Triggers and Ways to Cope

Mental health triggers can impact our mental well-being. By identifying and understanding these triggers, we can begin to develop effective coping strategies to maintain our mental well-being.

May 3

### **Acknowledge work stressors.**

Deadlines, job insecurity and interpersonal conflicts can significantly impact mental health. Consulting a therapist or counselor can help you manage stressors effectively and remain resilient.

May 17

### **Navigate relationship issues.**

Conflicts with partners, family and friends can create emotional distress and affect our mental health. Leaning on support groups for emotional support can help you navigate through tough times.

May 31

### **Maintain health with self-care.**

Maintaining a healthy lifestyle is important to help you manage stress. Try to exercise for 30 minutes a day — move your body in whatever way feels good for you. Take time to unwind, meditate, enjoy a fun activity and connect with others.

May 10

### **Address financial concerns.**

Financial instability is a common stressor that can lead to anxiety and depression. To reduce this stressor, seek advice from financial advisors to help avoid debt cycles. Also, budgeting tools can alleviate financial stress by providing tools for a path forward.

May 24

### **Consider environmental factors.**

Living in a chaotic or unsafe environment, including exposure to pollution, noise and overcrowding, can contribute to long-term mental health challenges. Engaging in mindfulness, meditation or yoga can reduce stress levels and improve mental health.

Sources: [workplacementalhealth.org](https://www.workplacementalhealth.org)  
[verywellmind.com](https://www.verywellmind.com) (financial stress)  
[verywellmind.com](https://www.verywellmind.com) (healthy family relationships)