



What is Mental Health?

Mental health comprises our psychological, social, and emotional well-being. It affects how we feel, think, and act. The choices we make, how we handle stress, and how we relate to others are all influenced by our mental health.

As we begin a new year, it's important to make your mental health a top priority. Mental health is often overlooked or ignored. Recognizing and prioritizing your mental health is vital for your overall health and well-being. To live a healthy and productive life, we must focus on our mental well-being. Once we prioritize our mental well-being, we strengthen our sense of purpose, build resilience, and enhance our self-awareness.

Our mindset can have a significant effect on our health. Healthy or unhealthy mindsets affect our mental, emotional, and physical well-being. When we have an unhealthy mindset, it limits our ability to see positive outcomes in the challenges and setbacks we may face. An unhealthy mindset can also lead to depression, anxiety, or feelings of disempowerment. Our mindset serves as an internal system for understanding, responding to, and coping with adversity. Luckily, we all have the ability to change an unhealthy mindset to a healthier one.

Changing Your Mindset and Prioritizing Your Mental Health

Cultivating a healthier mindset allows you to have a more balanced perspective on life. You are better able to handle your emotions, make better choices, maintain healthier relationships, and improve your resilience when faced with challenges.

Strategies for Cultivating a Healthier Mindset

- Replace negative statements and thoughts with more positive ones.
- Embrace challenges as an opportunity to learn and grow.
- Focus on effort. Look at the progress that you've made rather than what you have yet to attain.
- Practice self-compassion. Be kind to yourself.
- Consider if your basic needs are being met. Are you prioritizing your sleep? Are you eating a well-balanced meal? Are you maintaining your physical health?

Strategies for Prioritizing Your Mental Health

- Prioritizing personal time is important.
- Take some time to refocus and recharge.
- Implement self-care activities daily.
- Develop routines.
- Engage in healthy eating habits and regular physical activity.
- Establish a support network.

Click here to watch '[5 Keys to Prioritizing Well-being & Mental Health Video](#)'



Resources

The mental health resources below provide educational resources, along with no cost mental health services. Please consider these resources in addition to **EAP (Employee Assistance Program)** and the **Behavioral Health** offered through your **Blue Connect total health**.

- [NAMI Charlotte](#)
- [Mental Health of the Central Carolinas](#)
- [Mental Health Hotline](#)
- [Hope4NC](#)

If additional support and resources are needed, contact EAP at
1-800-633-3353
With questions, contact brittanyp@ac4ed.org



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