

healthy choices



live well. be well.

MENTAL HEALTH

Common Conditions

Whether your stress comes from work, home, family or your social life, it's challenging to manage everything that life throws at you. Toss in the COVID-19 global pandemic, and you've got a recipe for high levels of emotional distress.

Stress

COVID-19 has caused individuals stress through increased financial strain, limited in-person socializing, new homeschooling and childcare routines, new responsibilities and more. Chronic stress negatively affects your overall health and results in lasting effects. In fact, stress can lead to serious mental health issues such as depression and anxiety, as well as heart disease, high blood pressure and more.

Reduce your Stress: **Get moving** meditation
relaxation to music **disconnect**
CUDDLE laugh **be mindful**

Anxiety

Anxiety disorders have increased by 56 percent since COVID-19 emerged in the US earlier this year, and more than one in three adults have reported symptoms of anxiety at some point during the pandemic. Whether you've experienced anxiety before or its newly developed, you can combat anxiety by recognizing and reducing the symptoms.

Reduce your Anxiety: **stay calm** breath
SELF-TALK stay in the present moment
Plan worry time **talk it out** fact check
your thoughts

Invest in your rest

Strategies to manage stress during the day often aren't as helpful when it's time for bed, especially since intrusive thoughts can make it challenging to fall and stay asleep.

The two main contributors to potential deteriorating sleep conditions are changes in stress levels and changes in sleep behaviors.

Without education and professional guidance, sleep disorders can directly affect the way we feel, look and function, since interrupted or unfulfilled sleep prevents adequate muscle repair, memory consolidation and appetite/growth regulation.

6 Six tips to maximize sleep quality

- Keep your room cool and dark
- Dump the distractions
- Say NO to caffeine and alcohol
- Try meditating before bed
- Break a sweat
- Stay Consistent

H&H Health Associates provide confidential, compassionate, and comprehensive assistance services

H&H Health Associates is here to help with counseling, resources, guidance, and support.

3660 South Geyer Road
Suite 100
St. Louis, MO 63127
800.832.8302
Visit Your Member Site
info@HHHealthAssociates.com
www.HHHealthAssociates.com

Office visit with Mental Health/Substance Abuse Provider
\$15 copayment per visit.

Call the Welfare Fund office at 314.835.2700 for more information

YOUR WORKPLACE WELLNESS & MAP PARTNER

