



# **MENTAL/EMOTIONAL WELLNESS**

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# EMOTIONAL/MENTAL WELLNESS

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## DECEMBER IS NATIONAL SAFE TOYS AND GIFTS MONTH

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|-------------|-----------------------------|
| December 4  | National Cookie Day         |
| December 5  | International Volunteer Day |
| December 13 | National Cocoa Day          |
| December 24 | Christmas Eve               |
| December 25 | Christmas                   |
| December 31 | New Years Eve               |

DECEMBER 2018

TanaBell Health Services, Inc. has now been running the Wellness Program for just over five years. The Wellness Program is an important program that really does provide you, as an employee, with an opportunity to better yourself mentally, emotionally, financially, and physically. I am afraid that many of you have not taken full advantage of this program. The support center invests much time and resources putting this publication and program together. It is important to me that you understand what the program is, and why it is important to me.

What is this Wellness Program?

The Wellness Program is an opportunity for all of us to spend time on ourselves. Why do we not invest more in ourselves? Why don't we take care of "us"? Let this program remind all of us to take care of ourselves, so that we can improve our quality of life and have more time and resources to help others. It is difficult to "find joy in the journey" when we are not well. All of us have been ill or had an injury at some time in our lives. It is miserable and not fun to not be well.

Each month the support center in Pocatello releases a publication that gives you tips and ideas as to how you can maintain all aspect of your wellness. At the end of the publication there are challenges and suggestions that allow you to participate in being well by actively trying some of the wellness tips or ideas that are shared in the publication. If you chose to participate, you can submit your activity to the support center by emailing or scanning the form that is completed.

Why do I, Troy, care if you are well?

It is important to me that each of my employees find joy in every aspect of their life. If you are well, I believe you will be happier in life and at work. I want all my residents cared for at the highest level, and for employees to provide that care, they must be well. It is impossible to take care of others when we do not care for ourselves.

Will you take the wellness journey with us?

So.... what is holding you back heading into 2019? What is keeping you from setting those goals that you want to achieve? Will you take the wellness journey with us? I strongly encourage each of you to invest in yourself and take this wellness journey with us. I promise you that you will feel better about yourself and that you will find joy in the wellness journey.

# A WORD FROM OUR CEO

My hope and wish for all of us this upcoming year is that we all find fulfillment for ourselves in 2019.

Confidence over insecurity is what I desire for myself and for all of you that are a part of this organization.

As we begin to look at our lives, we need to acknowledge that we may not be living to our full potential. 2019 is the year we start putting fear aside and achieving the goals we have. Move forward with your wellness journey.

I appreciate all of you and wish you the best as we face life's challenges and struggles. Don't give up!

Keep pushing, and I will keep pushing and working with you! We can count on each other for support. You are not alone in your journey of wellness and joy! Thank you, for all that you do for me and for this great organization. It is because of you that we are successful. I love and appreciate each and every one of you.

**Troy Bell**  
President/CEO  
TanaBell Health Services



# DOING GOOD DOES YOU GOOD

While many of us feel too stressed and busy to worry about helping others, or say we'll focus on doing good deeds when we have more 'spare time', evidence shows that helping others is actually beneficial for your own mental health and wellbeing. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health.

What are the health benefits?

## HELPING OTHERS FEELS GOOD

When you help others, it promotes positive physiological changes in the brain associated with happiness.

These rushes are often followed by longer periods of calm and can eventually lead to better wellbeing. Helping others improves social support, encourages us to lead a more physically active lifestyle, distracts us from our own problems, allows us to engage in a meaningful activity and improves our self-esteem and competence.

## IT BRINGS A SENSE OF BELONGING AND REDUCES ISOLATION

Being a part of a social network leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

## IT HELPS KEEP THINGS IN PERSPECTIVE

Many people don't realize the impact that a different perspective can have on their outlook on life.

Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realize how lucky you are, enabling you to stop focusing on what you feel you are missing - helping you to achieve a more positive outlook on the things that may be causing you stress.

## IT HELPS MAKE THE WORLD A HAPPIER PLACE-IT'S CONTAGIOUS!

Acts of kindness have the potential to make the world a happier place. An act of kindness can improve confidence, control, happiness and optimism.

It can also encourage others to repeat the good deed that they've experienced themselves - it contributes to a more positive community.

## THE MORE YOU DO FOR OTHERS, THE MORE YOU DO FOR YOURSELF

Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.



Is your holiday season usually a blur of shopping, planning, and visiting? It's so easy to get lost in the busy-ness. So simple to forget the reason for the season.

But this year, let's remember this...Christmas is about giving!

There's nothing like small acts of kindness to bring our perspective back into focus. Is your family in need of an attitude shift this year? You'll love these 25 pay it forward ideas for Christmas!

# 25 DAYS OF PAY IT FORWARD



DAY 1: SMILE AT A SOMEONE WHO NEEDS IT

DAY 2: OPEN THE DOOR FOR A STRANGER

DAY 3: SPONSOR A GOAT WITH SAMARITAN'S PURSE

DAY 4: GIVE SOMEONE A HANDWRITTEN LETTER

DAY 5: HELP A NEIGHBOR DECORATE

DAY 6: DONATE CLOTHES TO SOMEONE IN NEED

DAY 7: GIVE CANNED GOODS TO YOUR CHURCH

DAY 8: WASH SOMEONE'S DOG FOR FREE

DAY 9: RAKE A NEIGHBOR'S LEAVES

DAY 10: PUT GROCERY CARTS AWAY

DAY 11: BRING SOUP TO SOMEONE WHO IS SICK

DAY 12: LEAVE A GENEROUS TIP

DAY 13: WRITE A THANK YOU LETTER TO THE TROOPS

DAY 14: PUT A CHRISTMAS CARD IN A MAILBOX

DAY 15: WASH SOMEONE'S CAR FOR FREE

DAY 16: BRING YOUR NEIGHBORS COOKIES

DAY 17: LET SOMEONE CUT IN FRONT OF YOU IN LINE

DAY 18: SWEEP YOUR NEIGHBOR'S PORCH

DAY 19: PICK UP TRASH IN YOUR NEIGHBORHOOD

DAY 20: HELP SOMEONE LOAD THEIR GROCERIES

DAY 21: GIVE AWAY A GREAT BOOK

DAY 22: DONATE ANIMAL FOOD TO A LOCAL SHELTER

DAY 23: SING CAROLS FOR THE ELDERLY

DAY 24: TAKE DINNER TO A HOMELESS PERSON

DAY 25: SHARE JESUS WITH SOMEONE



*Merry Christmas!*

# 6 TIPS FOR MENTAL WELLNESS DURING THE HOLIDAYS



The holiday season is a busy time for most. There is so much to do, attend and plan, which can bring up feelings of being overwhelmed, anxious, stressed, and depressed. Conversely, this is also a time where people may feel acutely aware of the void left by the loss of a loved one, and their own personal loneliness. Here are some of the most common holiday triggers and tips to prevent and/or lessen holiday depression, anxiety and stress. Remember, that you always have a choice and there are options available to you. We wish you a very happy and healthy holiday season.

## **BUDGET**

Plan your budget in advance. Only spend money you already have. Host a secret Santa and buy one gift instead of many!

## **SET BOUNDARIES**

Be realistic about what you can and cannot do. Set boundaries with your family and communicate them. Stay one night at your family's house instead of an entire weekend. Visit friends for a couple hours instead of a whole day, etc.

## **DON'T OVERINDULGE**

When you plan your holiday schedule, allow yourself opportunities to be active. Be gentle with yourself and understand that your goal is to limit consumption or inactivity, not eliminate it entirely.

## **DON'T TAKE ON TOO MUCH**

Don't take on more responsibilities than you can handle. Cut out the things that aren't truly important. Make a list and prioritize important activities. Decide on your limits and stick to them. Let others share the responsibilities of holiday tasks.

## **ACKNOWLEDGE S.A.D.**

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons. The symptoms include tiredness, depression, mood changes, irritability, trouble concentrating, body aches, insomnia, and over eating.

Treatment for SAD may include light therapy, psychotherapy, and medications. Speak to a mental health professional in your community about the options available to you.

## **REFLECT ON 2018**

As the year comes to a close, many of us reflect on what has changed or stayed the same over the year. Take stock of things that are going well or what you have done well. When we always look at what we don't have we forget to be grateful for what we are blessed with.

Give yourself credit and look to the future with optimism. Don't set New Year's resolutions if they put unnecessary pressure on you. If you want to make a resolution to change something, start today.

# 4 THINGS TO DO WHEN YOUR BRAIN IS TIRED



Mental exhaustion isn't necessarily the result of things gone wrong, or any big upset (though it can be) but more likely an accumulation of too much: Too many decisions. Too much work (in not enough time). Too many interruptions, demands, and shifts in attention. Too many things going on without time to pause and restore.

Here are 4 ways to ease mental fatigue:

## MAKE FEWER DECISIONS

We are faced with scores of decisions each day and by the end of all that decision-making, our mental energy and self-control can take a hit, according to research from Kathleen Vohs. Then we are more likely to make unhealthy decisions and do what feels easiest, like lay on the couch, rather than exercising or opting for a drive-through burger instead of cooking a healthy meal. One way to offset this dip in mental energy may be to limit your decisions during the day. Make the same coffee order every day. Eat the same dinner every Tuesday. By keeping some basic, routine decisions simple (or eliminating them altogether) we have more mental energy to deal with the rest of our days.

## TAKE MINI BREAKS

Take a mini-break and spend time near plants. Just one minute of looking at grass reduced errors and improved concentration among students, according to research from the

University of Melbourne. "It's really important to have micro-breaks," says Dr. Kate Lee, who led the study. "It's something that a lot of us do naturally when we're stressed or mentally fatigued. There's a reason you look out the window and seek nature: It can help you concentrate on your work and to maintain performance across the workday." So take a break and gaze out at a green space or head for a brief stroll through the park during lunch. The break will help you feel restored and better able to focus on the tasks ahead

## GET UP & GO

Several studies show the value of exercise in boosting concentration and mental focus. Twenty minutes can improve performance and short, intense exercise sessions can increase blood flow to the brain and improve your mood, memory, and creativity.

## TAKE TIME OFF

Whether it's a mini-break or a week away, time off is essential to fighting mental fatigue. You can do this even on your busiest days by making sure you take a regular lunch break, or set aside 15 minutes with nothing planned to take a walk, or at least a breath. Then, each week, be sure to leave some time open and unplanned. Just don't fill in all the slots on your calendar. That open time can give you a mental reprieve but also allows room for unexpected opportunities to develop.

Name \_\_\_\_\_  
Facility \_\_\_\_\_

Quarter 4  
October: Physical Wellness  
November: Financial Wellness  
December: Emotional/Mental Wellness

# DECEMBER

## MENTAL/EMOTIONAL WELLNESS ACTIVITIES

Mark here if you choose to perform the activity.

Did you complete the activity?

- |                       |  |   |   |
|-----------------------|--|---|---|
| <input type="radio"/> | (Page 4/5) Participate in "25 days of pay it forward" challenge                                | Y | N |
| <input type="radio"/> | (Page 6) Choose one of these tips to focus on during the Holiday season.                       | Y | N |
| <input type="radio"/> | (Page 7) When you start feeling mentally fatigued, try these 4 tips to see what works for you. | Y | N |
| <input type="radio"/> | Work out for at least 30 minutes three days this week.   | Y | N |
| <input type="radio"/> | Spend a night at home with family/friends drinking hot cocoa and playing games.                | Y | N |
| <input type="radio"/> | Give an anonymous gift to a coworker this week.  | Y | N |
| <input type="radio"/> | Write a note or letter to someone you haven't spoken to in a while.                            | Y | N |
| <input type="radio"/> | Fight the urge to sleep in-wake up 15 minutes earlier than normal two days this week.          | Y | N |
| <input type="radio"/> | Start taking a Vitamin D supplement to make up for the lack of sunlight.                       | Y | N |

Please describe activities (not listed above) that have helped you improve your mental/emotional wellness this month:

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Send to [kellyh@tanabell.com](mailto:kellyh@tanabell.com) on December 31, 2018.