



# BHS A.S.S.I.S.T. Spotlight

May 2018

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



### Embrace Your Mental Health

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## Embrace Your Mental Health

When we think of the concept of well-being, we often think of our physical health. It's easy to count the number of steps we take each day and set a goal to add a few more. Mental health is a little more elusive. Having poor mental health does not have to equate to having a mental illness. It can be that you neglect to fine-tune your perspective on life. It's not as simple as beginning a workout routine, but it's very important to embrace our mental health and nurture it.

Studies have proven a strong connection between our mental health and our physical health. Embracing your mental health starts by assessing the positive ways you care for yourself. The three "R"s below serve as a barometer for the state of our mental health.

### **Rest**

Are you getting a full and restful night's sleep? Do you get to sleep easily or lie there worrying about concerns from the day? Do you stay asleep and get a full, refreshing night of sleep?

### **Relaxation**

Do you make time for things you enjoy? When was the last time you felt relaxed and content in what you were doing?

### **Relationships**

Do you make time for those who are most important in your life? When is the last time you did something special with your closest friends?

Did you have to pause when considering any of the above questions? If so, you may need to take time to embrace your mental health and do something positive to reduce stress or anxiety in your life. May is Mental Health Awareness Month – a time to focus on taking care of ourselves. One resource you have available is [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com). Your EAP offers you a variety of self-assessments, tips and resources under the [MemberAccess](#) section.



## Who is Your Support System?

When life's challenges feel overwhelming, it is good to know that you are not alone.

Each of us has a person or people in our lives we can turn to when we need support. They might be family, friends, professionals, clergy or others. Something about them makes them a source of strength during times of uncertainty. What words come to mind when you think of a person who is a support to you? *Dependable, caring, calm, good listener, empathetic, trustworthy* and *attentive* are just a few of the qualities they probably have. These individuals seem to know just what you need when life gets challenging.

Some of us try to be strong and push through adversity on our own. This may work in the short-term, but it taxes our inner resources in the long-run. We are social beings and need to have others to depend on. In return, we may have others who depend on us for support when needed. That is the nature of life. Just as we need a strong group to support us, often we feel a need to support others.

In [The Mother's Guide to Self-Renewal: How to Rejuvenate, Reclaim and Rebalance Your Life](#), Renée Trudeau shares, "Having a support system can have a huge impact on how you experience

day-to-day life." She goes on to share that research shows individuals who have robust support systems:

- are more effective at work and at home (they feel as if they have a "team" behind them and that they're not all alone)
- keep resolutions, particularly those involving their health and physical well-being
- weather personal and professional challenges more easily
- are less likely to feel overwhelmed
- find it easier to maintain perspective
- stay healthier on all levels—mentally, physically and emotionally
- are less likely to feel isolated
- experience less stress and burnout

Those on our support team celebrate life's achievements with us and are there with us during the darker times. They are also good at challenging us to be our best selves. They help us see perspectives and potentials we may not have considered.

Who is your support system? Let them know you appreciate them today.





## Finding Balance: Setting Limits

Have you ever noticed how superheroes are always ready to drop everything they are doing and leap into action? That might work well for Superman or Wonder Woman, but it can be a real challenge for us. Or do, people around you think you are a superhero?

Setting limits is a powerful skill that will help you best manage your time and skills in the workplace. While emergencies can pop up from time to time, it is important to let others know that unless it is an emergency, you would be glad to help them as soon as you complete the task at hand or schedule a time to help them when you are free. By stating it assertively, you let your co-worker know you are glad to help them, but you also have some important items to address first.

Setting limits also means learning to not take on more than you are able to. Sometimes we struggle to say “no” to assignments and projects because it is easier to just take them on. However, when we do this it stretches us thin and has an effect on our other projects and priorities. By sharing that you are committed to some significant tasks at the moment and don’t

want to commit to something you couldn’t dedicate the proper amount of focus to, you come across as someone who is self-aware and honest with your fellow team members.

Lastly, it is important to make sure you are not too connected and conditioned to those notifications on our devices. Do not rush to answer non-critical work emails after hours, especially if they can wait until the next day. It is too easy to slip into the routine of always responding and never being “off the clock”.

The balance that you feel when you are not stretched too thin is worth the investment you make into setting limits.

### **HEALTHY RECIPE: CHOCOLATE-PISTACHIO KIVI**

1 kiwi, sliced; 2 teaspoons melted dark chocolate;  
1 1/2 teaspoons chopped salted roasted pistachios

Drizzle melted dark chocolate onto sliced kiwis and sprinkle with pistachio nuts for a fast healthy dessert or snack that satisfies your sweet and salty cravings.