What Is Mental Health?

Take Control of Your Mental Health in 2020

WHAT IS MENTAL HEALTH?

Mental health is a state of well-being. This state allows each one of us to realize our abilities, cope with normal stressors of life, and work productively and fruitfully. Our mental health can affect daily life, relationships, and even our physical health.

WHY IS YOUR MENTAL HEALTH IMPORTANT?

Mental health is fundamental to being well-balanced both mentally and physically. Nurturing our mental health can help us combat or prevent mental health problems that are sometimes associated with chronic phsyical illness and in some cases, prevent the onset or relapse of an illness.

Positive mental health allows you to:

- Realize your full potential
- Have more confidence in yourself
- Work productively
- Cope with the stresses of everyday life
- Make contributions to communities
- Avoid serious illnesses

THE HEART & MIND CONNECTION

The **heart** and the **mind** are both intrinsically connected and have a significant impact on how each other functions. With these two organs communicating, mental health can have a dramatic effect on heart health and vice versa. If the connection between these two organs are out of sync, the body can respond with negative stress, causing an increasaed risk of health problems.

Meditation and other relaxation methods, exercise, and visualization are all helpful techniques for reducing the negative impact of stress.

Our Employee Service Representative (ESR) Team can provide additonal information on available programs and tools that can help you improve and sustain your mental health. Contact the team at **844-231-8414 or esr@creativebenefitsinc.com**!