

THINK act be healthy



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Mental Health in the Workplace

Why Mental Health in the Workplace Matters: Mental illness affects everyone in some way — with one in five people experiencing a mental illness directly. Those of us who do not have a mental health problem ourselves, will have a friend, colleague, or family member who is dealing with a mental health issue. Workplaces are heavily impacted by mental health issues. Given that most employees spend about 60% of their waking hours at work, understanding mental health issues is essential for employers to develop an action plan for improving both the bottom line and employee well-being.

Did you Know?

- 1 in 5 workers suffer from some form of mental health issue.
- Stigma associated with mental health issues may discourage people from seeking help.
- Many are struggling to cope, which can affect workplace productivity & benefit costs.
- You can help, by understanding the signs of mental health issues and how you can support them.



In the workplace, a person suffering with a mental health issue may start to exhibit any number of the following signs:

- Difficulty in making decisions
- Decreased productivity
- Inability to concentrate
- Decline in dependability
- Unusual increase in errors in work
- Being prone to accidents
- Frequent tardiness or increased sick days
- Lack of enthusiasm for work

MHCSI has sponsored the most recent version of the *ROI of OneLife* of series booklets focusing on Mental Health. This booklet delves into the employee and business gains of proactively supporting mental health in the workplace. Case studies give practical insights into the successful implementation of affordable strategies to protect employee mental health – with real results on productivity, absenteeism and lower costs. To see a copy of the most recent booklet please visit www.benefitscanada.com/microsite/roi/mental-health

If you think you or someone around you may be suffering from a Mental Illness, know that there are lots of avenues available for support. Workplace EAP programs, local support groups and family physicians are just some of the ways to learn and access Mental Health Care.

Sources:
www.cmha.ca/mental_health/depression-in-the-workplace
www.workplacestrategiesformentalhealth.com
www.mentalhealthworks.ca/why-it-matters

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Emotional Eating: Feeding Your Feelings

Eating to feed a feeling, and not a growling stomach, is emotional eating. If someone is suffering from a mental health disorder their healthy eating habits will most likely take a back seat. Emotional eating is eating for reasons other than hunger; instead of a physical symptom of hunger initiating us to eat an emotion triggers us to eat.

There are several differences between emotional hunger and physical hunger

1. Emotional hunger comes on suddenly; physical hunger occurs gradually.
2. When you are eating to fill a void that isn't related to an empty stomach, you crave a specific food, such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you're open to options.
3. Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.
4. Even when you are full, if you're eating to satisfy an emotional need, you're more likely to keep eating. When you're eating because you're hungry, you're more likely to stop when you're full.
5. Emotional eating can leave behind feelings of guilt; eating when you are physically hungry does not.

Source: www.webmd.com/diet/features/emotional-eating-feeding-your-feelings

Your PROfile pharmacist is a great resource to assist you in understanding and treating Mental Health Issues and is always available to discuss your health concerns.

Body & Mind

This year create balance in your life by nurturing your whole person, which includes spiritual, mental, emotional and physical needs.

Source: <http://healing.about.com/od/healthyliving/u/mindbodyspirit.htm>



Do you know what each of your Medications are used for?
If you have questions – Your PROfile Pharmacist has Solutions!

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