

KEY MESSAGES – Practical Tips to Improve Mental Health

It goes without saying that the past few years have been challenging. Constant stressors such as global uncertainty, mass shootings, social upheaval, financial worries, health concerns, and natural disasters have had a profound impact on the mental health of people of all ages. What better time than now to reduce the stigma around mental health struggles that commonly prevent individuals from seeking help.

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.
- It's important to accept the situations in life that we cannot change, actively work to process the mental struggles associated with big changes, manage anger and frustration, recognize when trauma may be affecting your mental health, challenge negative thinking patterns, and make time to take care of yourself. [Mental Wellness: What's Good for the Body is Good for the Brain](#)
- Knowing when to turn to friends, family, and co-workers when you are struggling with life's challenges can help improve your mental health. [Good Friends are Good Medicine](#)
- Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes. [Start a Habit in 3 Easy Steps](#)
- Seeking professional help when self-help efforts to improve your mental health aren't working is a sign of strength, not weakness. Call Concern at **800.344.4222** or go to employees.concernhealth.com
- Recovery is a unique and personal journey that requires trial and error to determine what works for each individual.