

REAL EMPLOYEE STRENGTH

April 2011

Strength Through Health

Strengthen Your Mental Health

Tips for Vitality and Well-Being

Tips by Mike Schoenhofer, Director, Mental Health & Recovery Services Board of Allen and Auglaize Counties

- Practice gratitude. List 3 things that you are grateful for every day.
- Discover your strengths. Ask yourself, “What am I passionate about?”
- Savor life’s joys. Enjoy the beauty and wonder going on around you in the small moments of every day.
- Take care of your body to stay healthy. When you’re sick, it can overshadow everything else you do.

At work

Practice random acts of kindness. Do something for someone else without expecting anything in return.



Take Home Messages

- Invest time in friends and family. Spend time together as a family, mend broken relationships, or get to know your neighbors.
- Learn to forgive. It can help ourselves get well and move on.

\$trengthen Your Health \$avings

Long-term stress can make you sick. Your immune system is less able to fight off illness and disease. By taking time to manage stress, you’ll save on health doctor visits and feel better at the same time.



Allen County Creating Healthy Communities Program. Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2B01DP009042-09 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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