



EFR EMPLOYEE & FAMILY RESOURCES

# 2020 Vision for Mental Wellness



New year, new decade, new you? It's the time of year again where many of us make resolutions for the year ahead. When thinking about your goals for 2020 or even this new decade, has your health crossed your mind? What about your mental health? It's time to take your overall wellness seriously and take control of your mental health.

Though always good intentioned, more often than not the New Year resolutions we make fall to the wayside in a matter of weeks. Maybe you just don't have the time to keep up with your resolution, or an unexpected event comes along that needs your focus. What we often forget to consider is maybe we aren't completing these goals because we are not taking care of our mental health concerns first.

1 in 5 adults in the U.S. will have some type of mental illness in their lifetime.

Though severity and type differ, the most common mental health concerns like depression and anxiety can take a toll on your energy levels or motivation to follow through on your goals for the New Year.

## KNOW THE SIGNS

If you've been having feelings of hopelessness, loss of interest, sleep or appetite changes, irritability, loss of energy, loss of focus, constant worry about ordinary events, headaches, or other symptoms you could be experiencing depression or anxiety.

## WHAT'S NEXT?

This year make a resolution to take care of your mental health. This could be as simple as setting time aside for yourself or a moment of mindfulness practice. However, if you are experiencing a mental illness, here are steps you can take to address and start your journey to mental wellness.

- Call a counselor at EFR to use your free EAP benefit or talk to your primary care provider about your concerns.
- Prepare for your visit with questions and family history information.
- Consider bringing someone you are close to along.
- Be honest about what you are feeling and experiencing.

If you are ready to take control of your mental health this year, click [here](#) for more information about how to ask for help. If you are ready to use your Employee Assistance Program benefit for free and confidential counseling services, call EFR at **800-327-4692**.





## WELLNESS

### Jump-Start January

Get a jump-start on your health and wellness goals in the New Year by completing 5 of 10 challenges on the Monthly Motivator aimed at improving your well-being!

Click [here](#) to download the January Monthly Motivator

Click [here](#) to download the Quarterly Campaign

## EFR Announces a new Podcast!



The Emotion Well podcast will cover a variety of topics related to emotional well-being. Whether you're interested in learning about the latest eating plans, how to find support after a cancer diagnosis, or how to plan for an emotionally well retirement, Emotion Well is the podcast for you! Look for our first episode later this month! Emotion Well is found on Apple Podcasts, Google Play, and wherever podcasts are found.

## Stay up to date with EFR in 2020!



Follow EFR on social media to find out when we release new podcast episodes, new blogs, and find great wellness tips as an added bonus!



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