

A silhouette of a person standing on a path that leads towards a sunset over a body of water. The sky is a mix of orange, yellow, and blue. The person is standing with their back to the camera, looking out over the horizon.

CTA Wellness Presents

# Mental Health

## *You can make a difference.*

with Licensed Clinical Professional Counselor  
Beth Devilbiss

***Recording Now Available***  
***[Click Here](#)***

Mental health can be a challenging topic to address, especially in a work setting. But building your comfort level with this topic can help you be prepared to offer support if a coworker is struggling. In this seminar, we'll talk about the stigma surrounding mental health and how you can move past it. We'll share some simple, but valuable ways you can make a difference.

- Explore how to notice and respond to stress to support mental wellness.
- Improve your understanding of mental health issues.
- Discuss the actions you can take to provide support to others.
- Review the benefits of your Employee Assistance Program (EAP).



Cigna®

Live Well  
Work Well







## Help improve your mental state through a customized, interactive experience!

**happify™** OFFERED THROUGH  **Cigna®**



Happify consists of science-based games and activities that are designed to help you

- › Defeat negative thoughts
- › Gain confidence
- › Reduce stress and anxiety
- › Increase mindfulness and emotional well-being
- › Boost health and performance



Visit [happify.com/cigna](https://happify.com/cigna) to get started.



## Overcome whatever life sends your way!

**iPrevail** OFFERED THROUGH  **Cigna®**



iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of everyday stressors and challenges associated with life's difficult transitions.

- › Overcome feelings of anxiety and loneliness
- › Reduce negativity and feelings of depression
- › Decrease stress from relationships, work, school and daily life
- › Build resilience and positivity

Go to [myCigna.com](https://myCigna.com), click on the Stress and Emotional Wellness page, and click on the iPrevail link to get started.

# RELEASE THE STRESS

## Mental Health: You Can Make a Difference

Stress is often something we can't avoid. It's important to find ways to release the mental and physical tension it can cause. The following simple exercises can be used in moments of stress or as a way to de-stress at the end of the day.

**Deep breathing:**

Breathe in deeply (stomach expands)...breathe out (stomach deflates). Repeat slowly at least five times. Focus on your breathing to clear your mind of other thoughts.

**Pleasant words:**

Inhale deeply through your nose, and as you exhale say a chosen word or phrase to yourself (for example, "Peace," "Calm," "Relax"). Repeat 3 – 5 times. If your mind wanders, just gently bring your thoughts back to your breathing and the words.

**Tackle tension:**

Tighten then relax one muscle group at a time. Start with your feet, then legs, thighs, abdomen, chest, back, shoulders, arms, hands, neck, jaw, and forehead. Use your breath to guide you. Breathe in – tense and hold. Breathe out – release.

**Mind over matter:**

Take a few minutes to revisit a favorite event. Try to recall and even re-experience the sights, sounds, smells, tastes, and touch associated with the event. Remember how you felt.

**Close the door:**

Choose an end-of-day action or location to be a signal to turn off stressful thoughts. For example, select a certain landmark on the way home. Let passing it be your cue to stop thinking about work and move to other thoughts.

**Together, all the way.®**



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# MENTAL HEALTH RESOURCES

## Mental Health: You Can Make a Difference

These resources offer a deeper dive on mental health topics. Many are also places to turn for help and support.

### All mental health topics

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

Center for Workplace Mental Health  
[www.workplacementalhealth.org/Mental-Health-Topics](http://www.workplacementalhealth.org/Mental-Health-Topics)

### Depression and anxiety disorders

Anxiety and Depression Association of America  
[www.adaa.org/understanding-anxiety](http://www.adaa.org/understanding-anxiety)

Depression and Bipolar Support Alliance  
[www.dbsalliance.org](http://www.dbsalliance.org)

### Eating Disorders

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### Alcohol and substance use disorders

National Institute on Drug Abuse  
[www.drugabuse.gov/patients-families](http://www.drugabuse.gov/patients-families)

National Institute on Alcohol Abuse and Alcoholism  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

### Suicide

The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Stress can complicate mental health problems. These apps can help you address stress and tension.

#### Happify

Customized science-based program designed to help overcome negative thoughts and improve well-being.

#### Stop, Breathe & Think

Short, guided meditations to help tame stress and build mindfulness.

#### Pocket Yoga

Guided sessions for every skill level puts yoga at your fingertips.

### Your EAP is always available.

Phones are answered 24/7. EAP services are confidential. There is no cost to you for these services. The EAP can be used by your dependents and anyone living in your household.

If you ever feel you are in crisis, call and ask for immediate help. Call 911 if you feel you are at risk of hurting yourself or others.

**Together, all the way.®**



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