



Working **WELL**

*Working Well is a monthly email series from CDPHP featuring health and wellness tips for CDPHP members and non-members. This edition focuses on stress and mental well-being. **Feel free to forward this email to your employees to help them live their healthiest lives.***

7 Tips for Staying Mentally Fit

Mental health is just as important to your overall well-being as physical health. It affects relationships, productivity, decision making, and more. When mental health suffers, it can lead to stress, fatigue, sleep problems, and a greater risk of chronic health issues.

Since mental health touches nearly every part of daily life, caring for it should be a regular habit. Small, consistent actions can help keep your mind strong and resilient.

Here are practical ways to stay mentally fit:

Get consistent sleep: Aim for 7–9 hours each night to support mood, memory, and emotional balance.



Exercise regularly: Physical activity releases brain chemicals that reduce stress and improve mood.

Take mindfulness or relaxation breaks. Short pauses throughout the day lowers stress levels and helps you improve focus and emotional balance.

Stay socially connected: Spending time with friends, family, or supportive groups helps prevent isolation.

Practice coping skills: Meditation, breathing exercises, yoga, or journaling

can help manage stress.

Limit screen time and negative media: Too much exposure to stressful content can drain mental energy.

Maintain a balanced routine: A mix of work, rest, and leisure helps create stability.

Set realistic goals: Breaking big tasks into smaller steps builds confidence and motivation.

Caring for your mental health is not just about avoiding problems. It is about building habits that support a healthier and more balanced life.

For more information about mental health, including risk factors, conditions, and helpful resources, [check out this guidance](#) from the Centers for Disease Control and Prevention.

Don't hesitate to contact your doctor if you're concerned about your mental health.

WEBINAR: Practical Skills for Managing Stress and Supporting Others
Date & time: Wednesday, May 13 from 12 to 1 p.m.

Stress is a normal part of life, but when it builds up, it can affect focus, energy, and overall well-being. Join Erin Dorflinger, LCSW-R, Vice President of Clinical Services at aptihealth, to learn simple strategies for managing difficult thoughts and emotions, effective steps when things feel overwhelming, and how to help others in meaningful ways. Whether you're dealing with big life changes, coping with daily pressures, or looking to better support others, you'll leave with tools you can put into practice right away.

[REGISTER NOW](#)

CDPHP members

[You have access to a variety of resources](#) to support all your mental health care needs, including in-person care, virtual care, a crisis hotline, and more.*

**Applies if CDPHP administers your mental health and substance use benefits.*

