

Self Care and Mental Health



Wellness tip of
the week

Keep an inspiring
quote by your side.

SELF CARE
is a
PRIORITY

Keep an inspiring quote or picture that your really love by your workspace, in your card or on your bathroom mirror. When you feel depleted, frustrated or overwhelmed look at your quote and remember why it is important to you.



what's for lunch?



Creamy Rotisserie Chicken Salad

A lemon-herb mayonnaise give this classic salad a twist. Serve with pita bread or whole-grain crackers.

Ingredients

- 2 cups chopped rotisserie chicken
- ¾ cup chopped celery
- 1/3 cup lemon-herb-flavored mayonnaise
- Cracked black pepper to taste

Combine chicken and celery in a medium bowl. Fold in mayonnaise and mix well to combine. Season with pepper.

Can be refrigerated for up to 4 days.



WHAT IS EMOTIONAL HEALTH

People use emotional health and mental health interchangeably, but there is a difference.

Mental health is our social and psychological well being, it affects the way we think feel and act. Emotional Health is how happy, resilient, and self confident you are able to make changes and recover from things quickly. People who have optimal emotional health can appropriately interact with others, whether in times of stress or in times of peace. Without emotional health, a wide variety of emotional disruptions could develop, in addition to physical ailments

SPIRITUAL WELLNESS Activities

1. Think positively
2. Travel
3. Volunteer
4. Keep a gratitude journal
5. Practice being silent and listening
6. Meditate
7. Color a mandala
8. Spend time in nature
9. Write affirmations
10. Do acts of compassion—show generosity