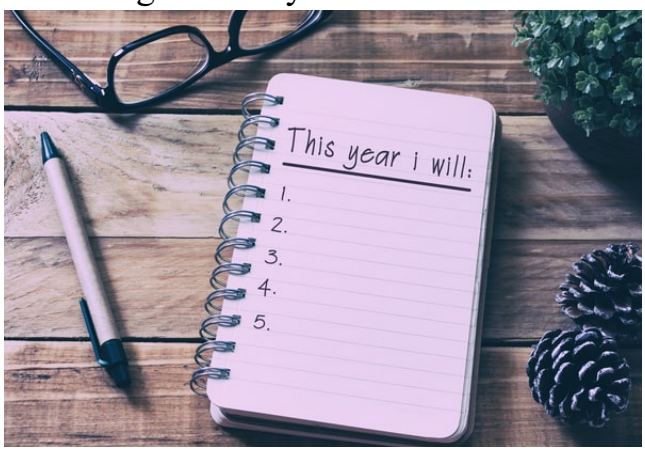
January Mental Health and Wellness Theme:
Mental Wellness goals for New Year's Resolutions

"January is Mental Wellness Month, a perfect time to check in with ourselves and our loved ones to see how we are holding up emotionally and mentally. When we think of New Year's resolutions, there is often an emphasis put on physical wellness, but our mental wellness is just as important and should be a priority in our lives. In this blog post, we will explore what mental wellness is and the practical ways to improve our mental wellness throughout the year."

1. Practice Mindfulness
2. Practice Rest
3. Practice Gratitude
4. Practice Asking for Help



To read the complete article click here.

Here's a list of self-care strategies from MHFA Curriculum to help keep New Year's Goals realistic and achievable.

1. **Make time for self-care.** Brainstorm a list of self-care activities that make you happy and schedule them as part of your daily routine.
2. **Be kind to yourself.** Change can be hard and often takes time. Allow yourself to have feelings and forgive yourself for mistakes.
3. **Make sleep a priority.** Studies have found that sleep and mental health are connected.
4. **Limit your screen time.** Spending too much time on your phone or computer can impact your quality of sleep, your relationships and even lead to feelings of depression and anxiety.
5. **Learn more about mental health.** One of the best ways to improve your mental health is to understand it.

To read the full article click here.

“By working towards these mental health goals, people experience a sense of accomplishment and empowerment, boosting their self-confidence and motivation to continue their efforts. Setting and accomplishing mental health goals provides tangible evidence of growth and improvement. This, in turn, reinforces a positive mindset and fosters optimism, even during challenging times.” Click here to read the rest of the article.

Mental Health Goal Setting Step-by-Step:

- Self-Assessment:
- Identify areas of improvement:
- Set SMART goals:
- Celebrate milestones

Share the goal of mental wellbeing in the workplace too!
Check out this link by clicking here to read more.

14 Mental Health Awareness Month Activities for Employees

1. Encourage Peer-to-Peer Shout-Outs
2. Take a Friday afternoon off
3. Exercise together
4. Provide an educational mental health workshop
5. Set up zen spaces in the office
6. Group meditation
7. Midday self-care time
8. Talk to your leadership team about mental health
9. Do a team-building activity together
10. Give employees a small bonus
11. Read a book on mental health as a team

12. Share what helps you cope with stress
13. Cook together
14. Create artwork together