689 MOVING METRO

A Word With Wellness
April 2024

April is Mental Health Awareness Month

As the conversation around mental health continues to evolve, it's crucial to highlight preventive measures that can empower individuals to proactively manage their mental well-being.

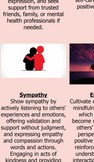
Why is it important to address mental health awareness?

We, as individuals and as a society, should prioritize mental health awareness because it influences our thoughts, emotions, and behaviors. Our mental well-being directly impacts our ability to manage stress, build healthy relationships, and make sound decisions. Addressing mental health is crucial for fostering resilience, enhancing interpersonal connections, and promoting overall well-being.

According to Author Eleen Tan, below are tips to consider:

- Educate yourself and inform others
- Listen without judgment
- Adopting a Holistic Approach to Helping Others
- Checking Your Mental Health Condition
- Encourage Kind Language

Through advocacy, outreach, and destigmatization efforts, mental health awareness campaigns work to foster an environment of understanding, empathy, and support, empowering individuals to seek help without fear or shame. The goal is to create a community where individuals feel supported, valued, and empowered on their journey towards mental well-being.



Importance of Mental Health Awareness & 7 Ways to Raise Awareness

Mental health awareness helps to improve understanding of mental health issues and offer healthcare access to those who need it.

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Introducing the 4 health components:

According to the Center for Disease control and Prevention (CDC), the whole school, community, and child (WSCC) ties hand and hand with these four components.

Together, these 4 components are made up of *social, mental /emotion, physical, and environment*. This offer insight into the diverse struggles people may face and underscore the importance of promoting comprehensive health awareness to foster thriving communities.

Social: the ability to interact and form meaningful relationships with others.

Mental / Emotion: affect how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Physical: Flexibility, cardiorespiratory (cardio), muscular strength, and endurance.

Environment: clean air, Hygienic, water, healthy and safe workplaces/ homes, holistic, and radiation.

These components encompass physical health, addressing the body's well-being and the management of illnesses and injuries; mental health, encompassing emotional and psychological well-being, including stress management and coping strategies; social health, focusing on relationships, support systems, and community connections that contribute to overall well-being; and environmental health, which considers the impact of surroundings on health, including access to clean air, water, and safe living conditions.

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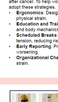
Looking for ideas on how to promote wellness for yourself and others? Here are a few thought starter

Here are some suggested ways to address our emotions:

Sadness
Process sadness by allowing yourself to feel and acknowledge your emotions without judgment, engage in activities that bring comfort and solace such as spending time with loved ones, journaling, or engaging in creative expression, and seek support from trusted friends, family, or mental health professionals if needed.

Love
Express love by engaging in acts of kindness and generosity towards others, spending quality time with loved ones, practicing active listening and empathy in your relationships, and nurturing self-care and self-compassion through self-care activities and positive affirmations.

Anger
Practice relaxation techniques such as deep breathing or progressive muscle relaxation to calm the body, or engage in physical activity like going for a walk, jogging, or practicing yoga to release pent-up energy and reduce stress.



Sympathy
Show sympathy by actively listening to others' experiences and emotions, offering validation and support without judgment, and expressing empathy and compassion through kind words and actions. Engaging in acts of kindness and providing practical assistance can also demonstrate sympathy and support for others in need.

Empathy
Cultivate empathy through mindfulness meditation, which can help you become more attuned to others' emotions and perspectives, or use perspective-taking and reinforce empathy and understanding in your interactions with others.

Stress
Manage stress by incorporating relaxation techniques such as deep breathing exercises, mindfulness meditation, or progressive muscle relaxation into your daily routine. Engaging in activities you enjoy, such as listening to music, spending time in nature, or practicing hobbies, can also help alleviate stress.

Source: DDMS Healthful Living Department - Teen Health - Course 3
Mental and Emotional

View Document

Safety Glasses 411

Did you know that according to the National Institute for Occupational Safety Health (NIOSH), nearly 2000 workers in the United States require medical treatment for on-the-job eye injuries every day?

Have you ordered your prescription safety glasses? You can order one pair per year.

All you need is your current prescription along with your pupil distance.

This benefit is for maintenance and construction employees only. *If you would like to verify your eligibility email* **info@tehe.org**

Moving Metro Partnerships

We are no longer partnered with BurnAlong and new and exciting changes are coming to 689 Moving Metro. Look out for new and upcoming events.

Kaiser Permanente

Prevention is key to reducing the incidence and severity of musculoskeletal (MSK) disorders.

By investing in MSK injury prevention and treatment, employers can benefit from improved employee health, well-being, engagement, and retention, as well as reduced healthcare spending and workers' compensation claims.

Implementing measures in the workplace can be very effective.

Employee health and performance can be compromised by musculoskeletal disorders, which involve damage or pain in the musculoskeletal system, such as muscles, nerves, tendons, joints, cartilage, and spinal discs. Business Group on Health reported that musculoskeletal injuries were the second most costly health condition in the United States. Employers can prevent or manage these disorders. employers can adopt these strategies.

- **Ergonomics**: Design workstations, chairs, and tools ergonomically to prevent physical strain.
- **Education and Training**: Train employees on proper lifting techniques, posture, and the importance of taking breaks to avoid overexertion.
- **Scheduled Breaks**: Encourage regular breaks for stretching and relieving muscle tension, reducing risk of MSK disorders.
- **Early Reporting**: Promptly report discomfort to prevent minor issues from worsening.
- **Organizational Changes**: Redesign tasks and provide assistive devices to reduce strain.

Site Visit Calendar

You can find the Moving Metro team at the following locations this month! If you see us, stop by and say hello!

Visit our Website

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