



Recognizing the Significance of World Mental Health Day



WRITTEN BY THE EXPERTS AT ENI

Inspirational Quote

"Your mental health is a priority. Your happiness is essential. Your self-care is a necessity."

Book Recommendation

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

by Bessel van der Kolk M.D

This book has been widely recognized for its insightful exploration of the impact of trauma on the mind and body. Authored by Dr. Bessel van der Kolk, a pioneering researcher and psychiatrist, the book delves into the intricate relationship between traumatic experiences and their manifestation in physical and mental health.

In the bustling world where technological advancements and fast-paced lifestyles have become the norm, mental health often takes a backseat. As we commemorate World Mental Health Day on October 10th, let's delve into its importance and explore ways to nurture our mental well-being and that of those around us.



The Essence of World Mental Health Day

World Mental Health Day, initiated by the World Health Organization (WHO), is a day dedicated to raising awareness about mental health issues, advocating against social stigmas, and promoting mental well-being. It underscores the crucial role that mental health plays in our lives, urging us to break the silence, dispel myths, and foster an environment where mental health is discussed openly and empathetically. Campaigns during this month foster a sense of unity and shared responsibility.

Caring for Yourself: A Stepping Stone to Wellness

- **Digital Detox:** Allocate specific times for digital detox. Disconnecting from digital devices can provide mental space and reduce stress.
- **Mindfulness and Meditation:** Engage in mindfulness exercises and meditation to enhance focus and bring about mental tranquility.
- **Physical Activity:** Regular exercise not only boosts physical health but also contributes significantly to mental well-being.
- **Healthy Sleep Patterns:** Ensure adequate and quality sleep to rejuvenate your mind and body.
- **Seek Professional Help:** Utilize EAP services and consult professionals when grappling with mental health issues.

Supporting Others: Fostering a Compassionate Environment

- **Active Listening:** Be an empathetic listener, providing a safe space for others to share their feelings without judgment.
- **Encourage Professional Help:** Support your peers in seeking professional help through EAPs and other available resources.
- **Promote a Healthy Work-Life Balance:** Advocate for and practice maintaining a balance between work and personal life.
- **Educate and Raise Awareness:** Engage in and promote programs that educate individuals about mental health and available support systems.

EAP: Your Confidential Ally in Nurturing Mental Well-being

Embarking on a journey towards mental wellness can often require a guide, especially when traversing through the multifaceted challenges of work and personal life. Your Employee Assistance Program (EAP) is here to be that guiding light, ensuring that you never have to navigate through tough times alone.

As we commemorate World Mental Health Day, let's embrace the support and resources available through EAPs. It's not just a service; it's a commitment to ensuring that your mental and emotional well-being is nurtured and prioritized.