

Mental Health Toolkit

1

Employee Assistance Program (EAP)

The EAP recognizes the challenges employees face and is committed to providing resources to promote well-being and work-life balance.

The Employee Assistance Program (EAP) is available to assist employees and members of their households with emotional stress. The EAP is available at no cost and is completely confidential.

2

HealthSelect Crisis Line

The HealthSelect 24-hour crisis line is open for plan participants. If you need help with things like changing appointments or finding a new provider, or you need a consultation with a mental health clinician, we're here for you. Call (800)-252-8039 (TTY: 711) to access free

3

How to Talk to Your Children

The conversation may not seem easy, but taking a proactive stance, discussing difficult events in age-appropriate language can help a child feel safer and more secure.

4

Managing Your Distress

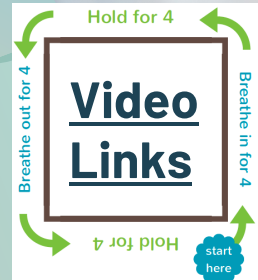
Ask for support from people who care about you and who will listen to your concerns. Receiving support and care can be comforting and reassuring.

5

Building Resilience

Taking steps to build resilience – the ability to adapt well to unexpected changes and events – can help people manage distress and uncertainty. Many of these steps are essential ingredients for a healthy lifestyle, and adopting them can improve your overall emotional and physical well-being

TAKE CARE OF
YOURSELF AND
YOUR LOVED ONES



Managing Burnout and Compassion Fatigue

[Watch](#)

Psychological Safety in the Workplace with LTC David Yebrá

[Watch](#)

Building your Mental Health Toolkit

[Watch](#)

Make it a great day with Director David Yebrá

[Watch](#)

The Power of Vulnerability

[Watch](#)

Cultivating Calm and Well-being

[Watch](#)

ERS Walk & Talk Podcast on Life & Loss

[Listen](#)

Medical & Mental Health Virtual Visit Information

ERS Wellness Channel

This channel hosts Wellness webinars and tutorial videos.

Video Links

Movement and breathing techniques are an extremely effective way to manage heightened emotions and stress. By consciously taking several deep breaths, you direct your nervous system to go into a calm state. And when you intentionally develop this habit, you train your body to instinctually take a deep breath when the first pangs of stress or anxiety appear

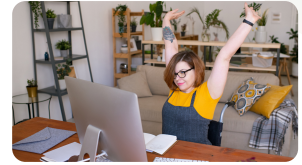
Movement:



[Back Strength](#)
[5 minutes](#)



[Warm-up for movement!](#)
[5 minutes](#)



[Stretch at your desk](#)
[10 minutes](#)



[Yoga Break](#)
[15 minutes](#)



[Body Weight Cardio & Tabata](#)
[10 minutes](#)



[Cardio & Tabata w/Equipment](#)
[10 minutes](#)

Desk Stretches



Spinal rotation- Twist to one side, gripping the seat or arm of your chair for stability. Lift the crown of the head toward ceiling and hold for 3 breaths on each side.



Neck Stretch- place your right hand to the left side of your skull. Gently guide the head to the right until you feel a stretch in the muscles through the left side of your neck . Hold 3 breaths and repeat on the other side.



Lateral Flexion Stretch- Interlace fingers, turn palms up and reach hands toward ceiling. Bend to the left, then the right. Hold each position for three deep breaths



Chest & Shoulder Stretch- Reach your hands behind your head and interlace your fingers. Lift your chest toward the ceiling and stretch your elbows behind you as far as you can. Hold for 3 deep breaths.



Shoulder, back, & triceps Stretch- Reach your left hand up toward the ceiling, then bend your elbow. Let your left hand release down toward your back. Gently pull your left elbow with the right hand and lean to the right. Hold 3 for deep breaths and repeat on the other side.



[Workwell Calendar](#)
[Events](#)