

RAYMOND JAMES



Mental Health Awareness Month

Dear Friends,

Periodically checking in on your mental health status can reduce times of crisis. Do you periodically stop and think about your emotions and perhaps how things are making you feel?

Some of these questions below can help assess your mental health:

- How would I describe my mood?
- How am I functioning at work, in social relationships and within my family?
- Am I becoming irritable and agitated over little things that wouldn't have bothered me in the past?
- Am I thinking about or coping with an issue that takes up at least an hour of each day?

Stress and anxiety are a part of everyday life, and truth be told, not always bad. "Everyone deals with it at one time or another because it's part of our brain's response to perceived danger; even if the danger isn't real," says Nancy Simons, a counselor at the St. Pete

campus on site clinic, HealthWorks. She shares that anxiety can be good if it is in the form of motivation, however once anxiety starts to creep into affecting our everyday lives and relationships, that's when it can be of harm.

Coping with Anxiety:

- Know what you can control and what you can't.
- Will this thought leading to anxiety affect your life in 6 months? If not let it go after 6 minutes.
- Learn to say "no" to some requests and establish boundaries.
- Exercise routinely, eat balanced meals, get enough sleep, and stay connected to people who care about you.
- If you're worried about something, create a plan to solve the potential problem and get the facts.

One of our associates, Trish Hall, recently watched a Raymond James webinar during RJ's Mental Health Awareness Week. Below is a slide we thought we'd share with you to give some perspective on the realism of mental health:



At the Mendall Financial Group, we put the quality of life of our clients and associates first. If there is ever an instance or situation, we can assist in please reach out and we'd be happy to help or find resources that can.



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