



## Relias Spotlight

May 2021

### **Mental Health Awareness**

Mental Health Awareness Month began in the United States in 1949. That's 72 years of heightened awareness around mental health.

This year, bringing awareness to mental health is even more important as every person in the world has been impacted with stress, disruptions and isolation brought on by the coronavirus pandemic. This includes taking care of yourself. We've all heard the statement, "When you take care of yourself and are not stressed, you are better able to meet the needs of others." Yet, do we really take the time needed to do this?

This month, we encourage you to take a few minutes and reflect on ways where you can increase moments in your day that will help you reconnect, recharge, and find positive space. To assist, the national Substance Abuse and Mental Health Services Administration's (SAMHSA) eight dimensions of wellness can be found in their document titled, "***Creating a Healthier Life...A Step-By-Step Guide to Wellness***".

<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

It discusses the eight dimensions being:

1. Emotional-reflect, journal, read, do something artistic, listen to music, workout, take a walk, laugh, take a nap
2. Environmental- breathe in some fresh air, enjoy the sunshine, clean your house, look at the stars

3. Financial- look at your financial plan and see if you can make changes for the better
4. Intellectual- read, listen to audiobooks, watch documentaries, travel, try something new
5. Occupational- take a training, apply for your dream job
6. Physical- work out daily, take a walk, eat a little healthier, get the sleep you need
7. Social- meet up with friends, see family, volunteer, go have some fun
8. Spiritual- meditate, pray, reflect, do yoga, love one another and help others to do the same

You may not be able to change all these areas at once. Choose the one/s that will make the most difference for you at this time and ones that will have the most impact for you.

Relias offers free continuing education courses specifically geared for your practice needs. If you would like more information and education around this topic, we encourage you to log into [Relias](#) and search for the following modules:

- Employee Wellness-Stress Management REL-ALL-O-STRMGT-V2
- Stress Management Strategies for Behavioral Health Professionals REL-BHC-O-SMSBHP
- Supporting Adults in the Grieving Process REL-BHC-O-SAGP

Thank you for the work that you do each day with our members so that Idaho can continue to improve access to mental health services in a positive and thoughtful manner. This month is a reminder to be gentle with yourselves and to take the time needed to recharge so you can continue to support our members in Idaho. Optum is excited to offer these resources to you.

Sincerely,  
The Optum Education and Training Team