HEALTHY COMPANY

Discovery
Corporate and
Employee Benefits

WORLD MENTAL HEALTH AWARENESS MONTH

WHY IT MATTERS

World Mental Health Awareness Month is observed every **October** to **raise awareness about mental health, reduce the associated stigma** and encourage people to **prioritise their emotional wellbeing.**

Mental health affects how we think, feel and act, influencing how we handle stress, relate to others and make decisions. World Mental Health Awareness Month reminds us that **mental health matters just as much as physical health**.

SIMPLE ACTIONS YOU CAN TAKE RIGHT NOW

These small, consistent actions can make a meaningful difference:

- **Hit the reset button:** Life moves quickly, and many of us go from one task to the next without stopping. Take time out to **stop, pause and step back**. Breathe, relax, and start again.
- **Step away** from your screen for a few minutes. Take a few slow, **deep breaths.** Reset before your next task. Even a **two to five minute pause** can help your mind recover and refocus.
- **Check in with yourself:** *How am I feeling? What do I need right now?* You can even **jot down your thoughts and feelings** to help you identify them.
- **A digital detox is more valuable than you think.** Being constantly connected can quietly increase stress in ways you may not recognise. Try muting non-essential notifications. **Be deliberate** about creating moments in your day, whether you are online or offline. **Giving your mind a break** from constant input can improve focus and reduce anxiety.
- **Reach out to someone.** You don't have to travel the journey alone. Reaching out for support is a **sign of strength**, not weakness. Whether it's speaking to someone you trust or accessing professional support, **taking that step** can make a real difference.
- **Take special care of your mind and body.** Exercise regularly and maintain a healthy routine. **Practice mindfulness** or relaxation techniques that help calm your mind.

COMMON MENTAL HEALTH CHALLENGES

People who suffer from mental health conditions will typically experience anxiety and stress, depression, burnout and trauma-related conditions.

These symptoms can result in:

- **Persistent sadness** or low mood
- **Loss of interest** in activities
- **Changes in sleep** or appetite
- **Difficulty** concentrating
- **Increased irritability** or withdrawal

Getting the **right support** early on can make a significant difference in coping with these challenges.

HOW WE CAN SUPPORT OTHERS

- **Listen** without judgement
- **Encourage** open conversations
- **Offer support** and understanding
- **Guide** them to professional help if required

A simple check-in with a colleague can have a powerful impact.



REMEMBER

'You are already awesome. You don't need to be perfect.'

Mental health is not just about managing challenges; it's also about **building habits that support your wellbeing** over time. This Mental Health Awareness Month, **consider starting with one small change.** It doesn't have to be perfect; it just needs to be consistent.

Call Healthy Company on **0800 320 420** for emotional support if you or someone close to you is navigating life with difficulty.

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