

Mental Health Awareness Month

HEALTHY TIP SHEET - OCTOBER



“Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.”

- Catherine Rippenger Fenwick

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

¹Loneliness in the Workplace Can Be a High Cost for Employers, Accessed 11.1.2019

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A lack of social support can lead to mental sluggishness that impairs productivity, stifles creativity and hinders decision making.¹ Workplaces are uniquely positioned to strengthen social connections that improve health.

Ways to Build Strong Social Bonds

- ▶ **Be supportive.** Help someone with the ups and downs of life.
- ▶ **Listen.** Being a good listener fosters meaningful relations with others. Keep your ears open, your mind open and your heart open.
- ▶ **Share a laugh.** Humor and laughter connect us to others, which rejuvenates and regenerates your energy.
- ▶ **Keep promises.** This builds trust and faith in yourself, communicates that you value the person you've promised and that they can count on you.
- ▶ **Be dependable.** Show up for someone as you promised.
- ▶ **Volunteer.** It increases social interaction and helps build a social support system based on common interests. It provides a sense of purpose and teaches valuable skills.

Want More Information?

Visit NebraskaBlue.com/Wellness for additional health and wellness information and to take the Monthly Health Challenge – Strengthen Social Bonds.

