

Teap.

Everyone deserves a little couch-time.



Monthly Wellness Seminar

**Mind Matters:
Prioritizing Mental Health in Your Daily Life**

Presented by

Dr. Kimberly Van Buren

ABOUT YOUR

PRESENTER...

DR. KIMBERLY VAN BUREN

- Military Veteran
- Enjoys Traveling
- Burnout Specialist

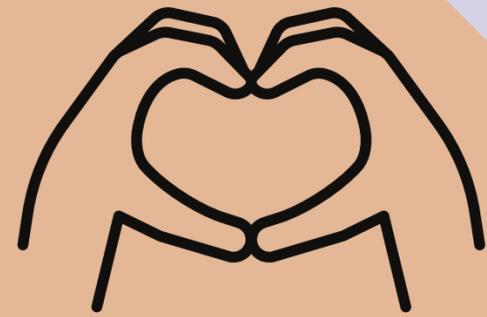




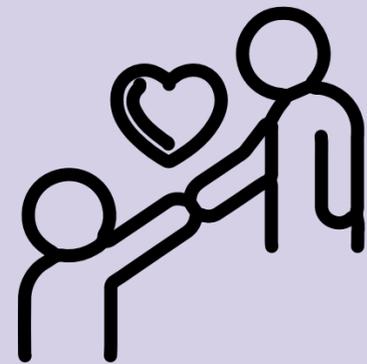
Why are we here?

- Destigmatize mental health
- Recognize signs of stress
- Learn how and when to seek help

WHAT IS MENTAL HEALTH?



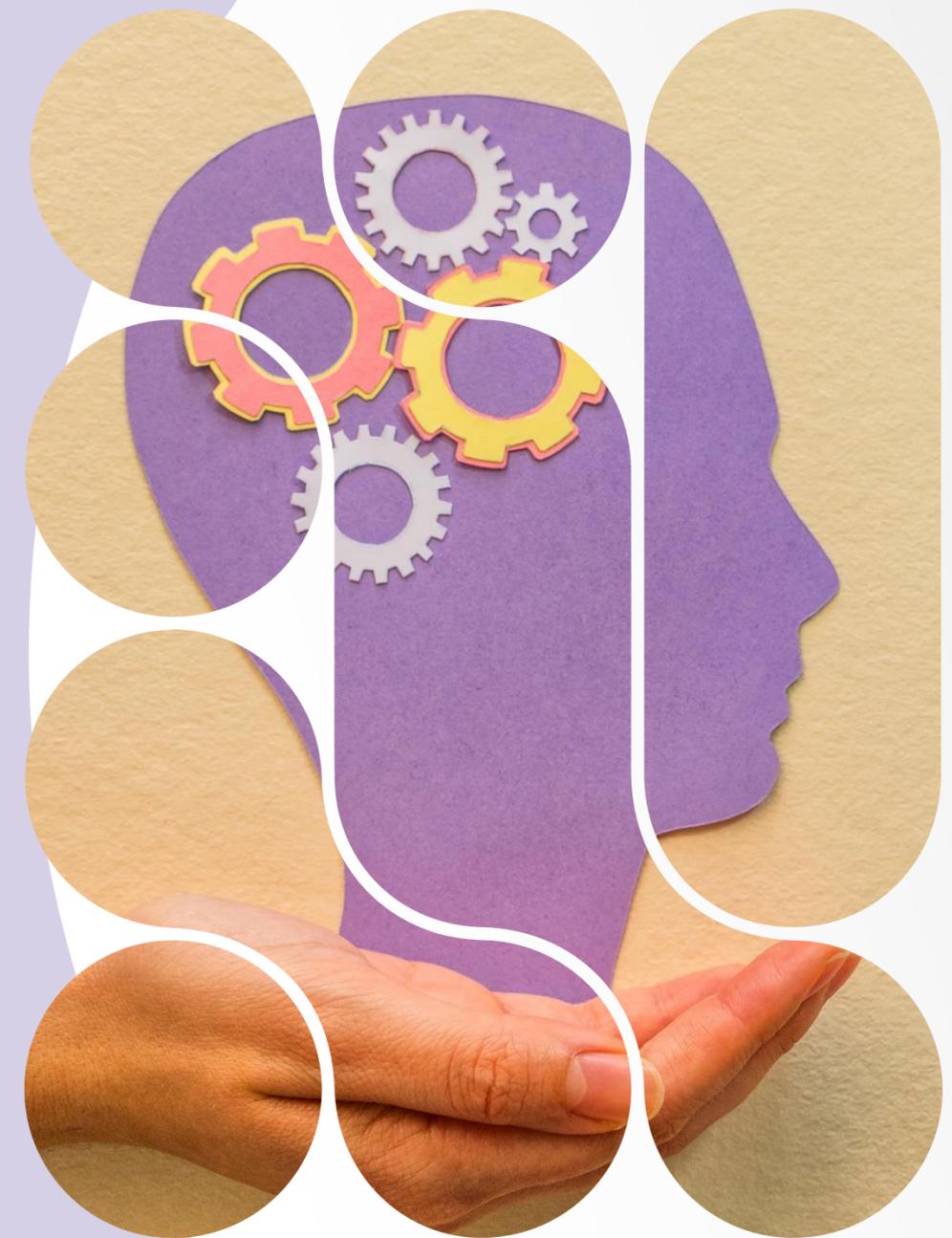
Mental health includes emotional, psychological, and social well-being.



Affects how we think, feel, and act.



Impacts how we handle stress, relate to others, and make choices.



WHY MENTAL HEALTH MATTERS :::



- Affects relationships, job performance, and physical health.
- 1 in 5 adults experience mental illness each year.
- Everyone has mental health, just like physical health.

RECOGNIZING SIGNS OF STRESS

- **Emotional:** anxiety, irritability, sadness
- **Physical:** fatigue, sleep issues, headaches
- **Behavioral:** withdrawal, loss of productivity



POLL #1

How comfortable are you discussing mental health at work?

::: BREAKING THE STIGMA :::

**Mental health is not a
weakness.**

**Language matters:
say “struggling with” instead
of “crazy”.**

Normalize asking for help.



Ask for help.

CASE STUDY: DAVID'S STORY

David, a high performer, starts missing deadlines and seems withdrawn.

His manager notices but doesn't know how to approach it.



WHEN & HOW TO SEEK SUPPORT

**Resources: EAP, therapy,
support groups, primary care.**

Disruption in daily life is a sign to seek help.

Early intervention = better outcomes.

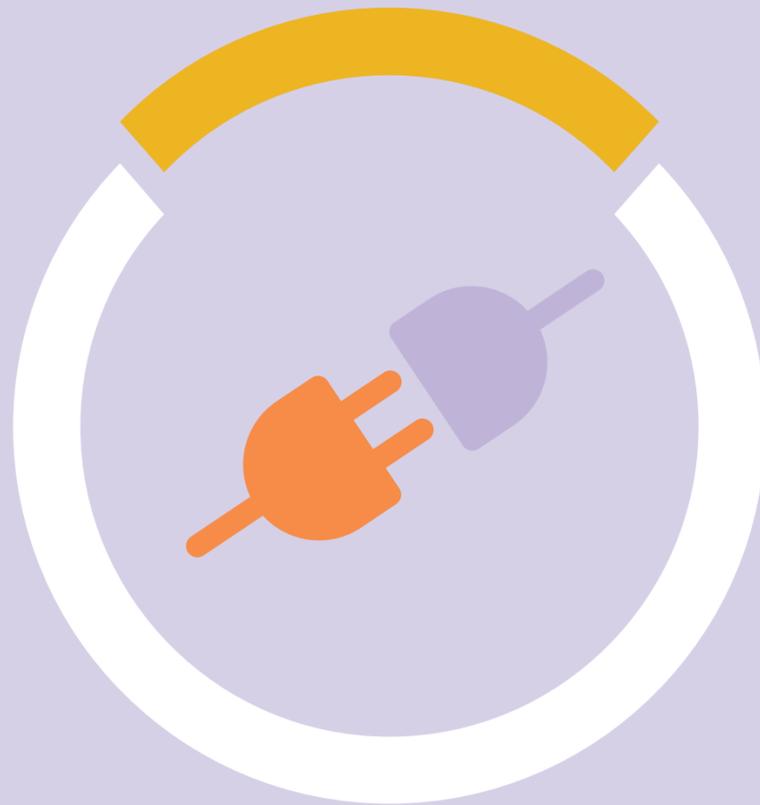


POLL #2

Do you know how to access mental health resources through your employer?

EVERYDAY MENTAL HEALTH

HABITS



**Take Breaks and
Unplug**



**Practice Mindfulness
or
Breathing Exercises**



Set Boundaries

HOW YOUR EAP CAN HELP

- **Child & elder care referrals**
- **Coaching (Life)**
- **Stress Management (AWARE)**
- **Financial consultations**
- **Pet care support**
- **Short-term mental health counseling**

Broad range of services available for support!



Mental Health Is More Than Counseling

- **Mental health is also about lifestyle, relationships, and habits.**
- **Includes how you manage stress, build connections, and care for yourself daily.**
- **Counseling is just one tool—wellness is a daily practice.**

THANKS FOR JOINING :::



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Employee Support Program

LIFE COACHING



FEATURES:

- Have convenient telephone conversations with your Life Coach.
- Establish your vision, set goals and create an action plan in your very first meeting.
- Engage in up to 5 follow-up meetings to help recalibrate, refresh, and progress with your goals.
- Your progress towards any goal – career, parenting, relationship, time-management – can be enhanced by working with your Life Coach.

The path to personal and professional success is not always clear.

A Life Coach can help by guiding you through a thought-provoking, creative process of reflection and goal setting to maximize your potential and navigate life transitions.

TOLL-FREE: 866-212-6096

WEBSITE: <https://neelyeap.helpwhereyouare.com>



EAP Benefit Spotlight



Mind Matters

Prioritizing Mental Health in Your Daily Life

Breaking the Stigma

- Mental health is not weakness
- Language matters: Say “struggling with” instead of “crazy”
- Ask for help
- Its okay to not be okay

KEY CONCEPTS COVERED



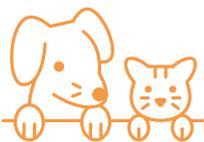
Mental Health Is More Than Counseling

- Mental health is also about lifestyle, relationships, and habits
- Includes how you manage stress, build connections, and care for yourself daily
- Counseling is just one tool- wellness is a daily practice



Move Your Body

- Take a walk, stretch, or dance
- Physical activity reduces stress and improves mood
- You don't need a gym - consistency matters more than intensity



EAP Can Help

- Work Life Services: Child, Elder care and Pet referrals
- Life Coaching
- Stress Management Programs (AWARE)
- Financial and Legal Consultations
- Short-term mental health counseling

“Lean into your discomfort” – **Dr. Kimberly VanBuren**