



Fact Sheet

# Mental Well-Being

Mental well-being is an essential part of our everyday lives and overall health. It is more than just happiness or the absence of mental illness. Positive mental well-being determines how we feel about ourselves and the world around us, the ability to deal with normal stresses of life and make a meaningful contribution to our communities.

Physical and mental well-being are closely related. Stress, depression, and anxiety can affect our physical health including digestive disorders, sleep disturbances, and lack of energy.

Everyone experiences distress, *a negative form of stress*, in all aspects of work and life. How we perceive and react to stress is what counts. Learning how to manage our stress requires lifelong practice and discipline. But, having control of your actions to respond in a particular manner is preferable than reacting to a situation. Improving your mental well-being can enhance our communications with others, better our perception of satisfaction with ourselves and our lives, and increase our productivity.

## Ease your mind and body with these five stress relievers:

1. **Move your body.** Regular exercise is an invigorating, healthy way to reduce stress.
2. **Tell a joke.** Laughter is a great stress release.
3. **Relax your mind.** Take a mental vacation by imagining yourself in a favorite spot.
4. **Breathe deeply.** Take a deep breath, hold it, then slowly exhale. Repeat this four or five times.
5. **Write it out.** Take pen to paper and write about a stressful experience – this can help you let go of negative feelings and reduce stress.

Source: CIGNA Healthcare Well Being