

# Building Your Mental Health Roadmap

We all have mental health. Like physical health, mental health is on a continuum. Sometimes it is better than at other times. Good mental health is not just the absence of an illness — it is a state of well-being where we can tolerate stress, rebound from challenges and contribute productively at work, home and in our communities.

Mental health doesn't just happen to us. There are biological, psychological and social factors that contribute to our mental health, many of which we can control. Setting specific goals to adopt resilient behaviors can help build a mental health roadmap to preventing illness and ensuring good mental health.



## Five Steps on Your Mental Health Roadmap

### 1. Organize your life for good mental health

- Set boundaries to balance work and personal time. This is particularly important if you work from home.
- Create habits and rituals. They reduce the amount of mental energy needed for routine tasks.
- Make time for your passions and the things that make you... YOU.
- Volunteer. Give back. Take on new challenges.

### 2. Prioritize physical health

- Healthy diet. Vigorous physical activity. Good sleep hygiene.
- Get a wellness check up and routine preventive care.
- Actively manage chronic illnesses.

### 3. Stay connected

- Take stock of your relationships. Right size the number of close connections. Resolve conflicts.
- Don't isolate yourself during stressful times. Prioritize time with friends and family. Beware of the pitfalls of social media/news.

### 4. Learn to control your perception

- Practice identifying and changing unhealthy patterns of thinking.
- Focus on the present and what you can control.
- Be a source of positivity.

### 5. Master mindfulness

- Take time to "drop anchor." Assess the state of your mind/body.
- Practice slow, deep breathing. Be in the moment.
- Make time to disconnect from work, people, and technology.
- Remember your purpose and your "why." Don't get stuck on small things and those you can't control.

For confidential support, free of charge, contact Caterpillar's **Employee Assistance Program (EAP)**:

☎ 1-866-228-0565



**EAP.cat.com**



**CaterpillarEAP.com**

For global access numbers by country

**Total** health