

## Four Pillars of Mental Fitness

We all know the importance of physical fitness in keeping us healthy and vibrant throughout our lives. What we may not know is that mental fitness is equally important. In fact, the two are intertwined. Neglecting our mental health can make us less resilient to life's ups and downs, leaving us more likely to make poor lifestyle choices. Achieving mental fitness is much easier when our bodies are functioning well.



### What is mental fitness?

Just as there are specific components to physical fitness there are four components to mental fitness:

1. **Emotional.** This includes self-acceptance, self-esteem, resilience and the ability to manage stress and strong emotions.
2. **Social.** Healthy and productive social relationships are important because they bring companionship, support and enrichment to our lives. People who have strong social networks are generally physically and emotionally healthier and enjoy a better quality of life.
3. **Financial.** It is common to experience stress related to financial concerns, often enough to negatively affect our work and relationships. Financial wellness is not about having a certain amount of money, it is about feeling in control of our finances, being able to handle financial setbacks, and being on track to achieve our financial and life goals.
4. **Physical.** Mental and physical fitness and health are intertwined. We can improve both through a healthy diet, regular exercise and enough sleep. We can also reduce our risks of developing chronic illnesses such as diabetes, cardiovascular disease and depression.

Taking steps to build our mental fitness enhances our ability to cope with stress and improves our physical health, our productivity at work, our relationships, and our overall happiness. For resources and more information on mental fitness, contact Caterpillar's Global Employee Assistance Program (EAP).

### Caterpillar's Global Employee Assistance Program (EAP)

The EAP is available to all full and part time Caterpillar employees in the communities and languages where we work. For more information about Caterpillar's Global EAP benefits visit [EAP.cat.com](http://EAP.cat.com).

To access EAP in North America, call **+1-866-228-0565** or **+1-309-820-3604**.

For web services and local EAP access information listed by country, visit [CaterpillarEAP.com](http://CaterpillarEAP.com).

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