



# IBEW 2213 NEWSBEAT

June 18th 2021

IN SOLIDARITY

## Work at Home Mental Health

May was Mental Health Awareness Month, aiming to spread awareness of mental illnesses, reduce the stigma surrounding mental health and to provide information on available wellness resources. Its more important than ever that we find ways to feel connected and prioritize our mental wellness while working from home.

With New York State recently lifting a number of restrictions and vaccine availability, we are closer to getting back to normal. Everyday there are increased socialization activities resuming, however for those still working at home be sure to take care of YOU.

### A few steps to De-Stress, Reset & Breakup your work day:

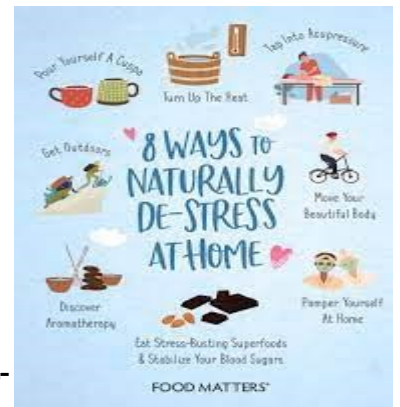
Getting enough sleep

Eating nutrient-rich foods

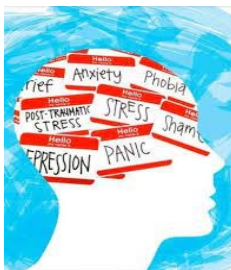
Cutting down on processed foods, sugars & alcohol

Exercise/Meditate/Getting Outdoors all stimulate dopamine, serotonin, oxytocin & endorphins, which all promote mental health and stability

Taking a deep breath, slows the heartbeat, lowers blood pressure & stress. Breathe in though nose causing your stomach to rise & expand, then fully exhale though mouth, repeating 10 times



### Get help if you ever need it:



EAP 888.441.8674

Health Insurance

MyStrength App

VZ Health Zone

CDC/World Health Org



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