



COVENANT
WORKPLACE SOLUTIONS

mindful minute



How Can I Talk to My Loved Ones About My Mental Health?

By Luba Bijelic, MA, LMHC, NCC

Navigating conversations about mental health with your loved ones can be a daunting task. However, reaching out and seeking support is an essential step toward healing and well-being. To help you have this important conversation, here are some tips to guide you:

Choose the Right Time and Place

Select a time and place that allows for a meaningful conversation without distractions or interruptions. Ensure that both you and your loved ones have

enough time to talk openly and honestly. This will create a safe and comfortable environment for sharing.

Be Honest and Direct

When discussing your mental health, it's crucial to be open and honest about how you are feeling and what you are going through. Use "I" statements to express your emotions, thoughts, and experiences. This approach helps you to convey your feelings without sounding accusatory or judgmental.

Educate Them

Provide your loved ones with information about your mental health condition. Sharing details about your symptoms, treatment options, and the impact it has on your life can help them better understand your situation. Educating them about mental health can reduce misunderstandings and stigma.

Be Open to Questions

Your loved ones may have questions or concerns about your mental health. Be open and receptive to their inquiries, as it indicates their interest and willingness to support you. Take the time to address their concerns and provide information that can help them grasp the situation more fully.

Ask for Their Support

Let your loved ones know how they can support you. Whether it's simply lending an ear, offering words of encouragement, helping you find a therapist, or accompanying you to appointments, their support can make a significant difference in your journey. Be specific about what you need from them, and let them know that their support is valuable.

Remember, opening up about your mental health might be challenging, but it is an essential step toward self-care and seeking the help you need. If you require additional assistance, consider reaching out to a mental health professional or joining a support group. These experts can provide guidance and further support as you navigate your mental health journey.

By initiating conversations about your mental health with your loved ones, you are not only fostering a deeper connection but also building a support system that can play a crucial role in your well-being. Together, you can create an environment of understanding, empathy, and encouragement that contributes to your overall mental wellness.

[MORE 'YOUR QUESTIONS ANSWERED' HERE](#)

Available 24/7 365 Days a Year

Covenant Mental & Emotional Support Line
(888) 838-9204

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DID YOU KNOW that you have unrestricted access to exclusive mental health and wellness content, resources, and support all within your EAP member portal?

Check out our latest expert answers to *your questions*, complete *workout programs*, *healthy recipes*, plus recommended *books and reading*.

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To create your **EAP account** in the member portal, simply follow the instructions below to begin accessing a broad selection of mental health and wellness resources.

1. Click **HERE** to create your account.
2. Enter your organization's unique *Company Code* (provided separately to your account administrator to share with you).
3. Share this information with your immediate family members within the household.
4. Begin exploring all the mental health and wellness resources available to you!

Your Lifestyle EAP member portal tutorial video that provides all this information can be watched [here](#).



This Month's Challenge

Get A Grip (Literally) In November!

LEARN MORE →

More and more research continues to provide evidence that grip strength is considered a simple test that can tell us a lot about a person's health. If someone has a strong grip, it's likely that their overall strength, bone density, and even mental health are in good shape. On the other hand, weak grip strength might signal problems like fractures, falls, or cognitive issues. It can

even help predict how long someone might live and how well they'll function in the future.

Sign in [here](#) to view this month's challenge



ACCESS YOUR EAP COUNSELING SESSIONS TODAY

- Contact us either of the following ways:
 - Fill out the *Schedule an Appointment* form located in your Lifestyle EAP member portal account anytime.
 - Call us at (833) 434-1335 | Mon - Fri, 8am - 5pm CST
 - Share your name, phone number, email, and any preferences you may have.
 - Our team will work to get you (or your family member) matched and scheduled with one of our EAP counselors right away!
-



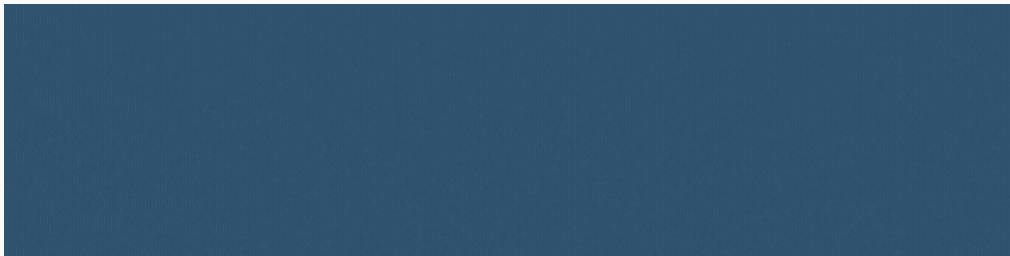
FEATURED WORKSHEET TOOLKIT: **Combating The Thinness Myth**

- Visit the **Self-Help Resources** section of your personal Lifestyle EAP member portal to download this worksheet and all other worksheet toolkits that you find valuable.



HOW TO ACCESS YOUR SELF-HELP COURSES

- Visit the **Self-Help Resources** section of your personal Lifestyle EAP member portal to connect directly to the self-help course media library!
- *Remember to use your company's unique promo code when setting up your account.*





JUST RELEASED!

5 "Superfood" vs. "Regular" Food Comparisons That Will Surprise You

The claim: "Superfoods" are *ALWAYS* the best choice if you're focused on your health.

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At Covenant Workplace Solutions, we walk beside individuals and families on their paths to complete wellness. We hope this new newsletter will help in some way, big or small. Please note, the information in this newsletter and on our website is not a replacement for personal medical advice.