

Mental & Behavioral HEALTH



We at **P3 HEALTH PARTNERS** recognize these difficult times can be tough on both our physical and mental wellbeing. We also know that there are no boundaries to those impacted on a daily basis. Please reach out to your **PRIMARY CARE PROVIDER** or a member of your **CARE MANAGEMENT TEAM** for help.

When we are feeling stressed, sad, or lonely, our thoughts and feelings can interfere with our ability to make good choices, interact with other people, and enjoy our favorite pastimes. We are at an increased risk to become physically ill when we are struggling with our mental health. Stress can weaken our body's immune systemⁱ.

Here are some tips to help make mental health a priority:



Watch a funny movie to boost your brain's 'feel good' chemicalsⁱⁱ



Participate in activities you find rewarding such as yoga, volunteering, or something creativeⁱⁱⁱ



Create a gratitude list of things you are thankful for in your life such as your family, friends, or health^{iv}



Build, maintain and strengthen healthy and meaningful relationships with friends, family and social supports via phone call or online platforms^v



Reduce or eliminate alcohol use if it impacts your mood or health^{vi}



Ensure you get adequate, restful sleep by sticking to a routine and minimizing potential disruptions^{vii}



Look for ways to build your self-esteem by learning something new like gardening, knitting, or a new language

ⁱ<https://www.nlm.nih.gov/health/publications/chronic-illness-mental-health/index.shtml>;
ⁱⁱYim J. (2016). Therapeutic Benefits of Laughter in Mental Health: A Theoretical Review. The Tohoku journal of experimental medicine, 239(3), 243-249. <https://doi.org/10.1620/tjem.239.243>;
ⁱⁱⁱ<https://www.psychologytoday.com/us/blog/keep-it-in-mind/201301/give-feel-good>;
^{iv}<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier#:~:text=In%20positive%20psychology%20research%2C%20gratitude,adversity%2C%20and%20build%20strong%20relationships>;
^v<https://www.apa.org/monitor/2019/05/ce-corner-isolation>;
^{vi}<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-use-disorders>;
^{vii}https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health

If you are feeling down, be sure to focus on things that will make you feel better. Ensure you are getting adequate sleep, fluid intake, nutrition, and exercise. Be sure to avoid social isolation by maintaining contact with your friends, family, and social supports, even if it is at a distance or virtual.