



ChallengeME

MONTHLY MINUTE

VOL 06, ISSUE 11 / November 2022 • mainedot.gov/challengeme

Monthly topic: **Mental Health Awareness**



Work-Life Balance

Do you often find it hard to balance your personal life and work? Hard to get your “to do” lists completed? Below are some strategies that may help.

- **Decide what matters most to you:** could include children, exercise, satisfying career, etc. Once you define your priorities, you can give them the proper amount of attention and time.
- **Keep your private time private:** turn off your cell phone, stop looking at your emails and allow yourself to escape your obligations for a few minutes each day. You give attention to work, Dr. appointments and family, time for a 5 minute “YOU” break.
- **Cut out unnecessary distractions:** leave out things that waste your time such as surfing the net; focus on your priorities.
- **Accept help:** babysitting, dinner, etc.
- **Simplify:** find ways to let go of items and free up your life.

NAMI Maine (an affiliate of the National Alliance on Mental Illness)

Through support, education, and advocacy NAMI Maine improves the lives of the 1 in 4 Mainers affected by mental illness and their loved ones.

Program services include Crisis Intervention, Mental Health First Aid, NAMI Basics, NAMI Family-to-Family, NAMI Homefront, NAMI on Campus, NAMI Smarts, NAMI in Your Own Voice, Respite, Suicide Prevention, Sources of Strength, Support Groups.

Helpline: 800-464-5767, Press 1

Hours of Operation: Monday–Friday 8AM-4PM EST

Living Resources:

Call: 844.207.5465 (844-207-LINK) TTY: 800-697-0353.

Your toll-free number gives you direct, 24/7 access to a Guidance Consultant, who will answer your questions and, if needed, refer you to a counselor or other resources.

Common Signs of Distress

- Feelings of feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, and activity levels
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs
- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. (CDC.gov)



Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough

Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many recover completely.

Be sure to visit the ChallengeME website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | **Online:** guidanceresources.com

WellStarME: wellstar@mcd.org | 207-620-9202

Health & Wellness Navigation Team

wellnessnavigator@mcd.org | 207-620-9209

For benefits questions, please contact Employee Health & Wellness:

(207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit <http://maine.gov/mdot/challengeme>

Coming up December: Random Acts of Kindness

Comments, questions, ideas, or submissions?
Please email Janice.Arsenault@maine.gov