

Your mental health matters

BARTELL'S



“The pandemic changed how we live and work, taking a toll on our mental and physical health. Review these tips and tools to learn how to care for your mental and physical health, manage symptoms, and recognize when it is time to seek additional help.”

– Karen Staniforth, RPh,
Chief Pharmacy Officer

How to better manage your mental health



Anxiety and depression are the most diagnosed mental health conditions in the US. Relentless social media consumption, 24-hour news channels, financial struggles, and “always-connected” work environments may be some contributing factors.

Mental health conditions affect men and women differently and are unique to the individual. Women tend to cry or suffer from sleep problems while men are more likely to express anger and irritability.

Symptoms of anxiety and depression may be eased by adopting healthy habits. Recommendations include eating a healthy diet, limiting alcohol consumption, avoiding stimulants, getting regular exercise and plenty of sleep and sticking to a routine.

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Tips for emotional and physical self-care

- **Practice relaxation techniques.** Try visualization, deep breathing, mindfulness meditation, or yoga to help decrease anxiety.
- **Let it go.** Don't dwell on past experiences. If you start to feel anxious, engage in an activity that requires mental focus to redirect your thoughts, or go on a walk. Don't forget the sunscreen!
- **Take breaks at work.** Eat somewhere other than your desk and pack a healthy lunch to help resist the urge to visit the vending machine or go out for fast food.
- **Limit screen time and make personal connections.** Spend less time on social media and schedule time with friends and relatives to combat loneliness and have a few laughs. Laughter releases endorphins, just like exercise.
- **Adopt a pet.** Research indicates that pets can help provide social support and stress relief.

Anxiety and depression symptoms

Some psychological symptoms include:

- Excessive worry, fear, or irritability
- Difficulty concentrating
- Loss of interest in pleasurable activities
- Feeling hopeless (in extreme cases, thoughts of death or suicide)

Some physical symptoms include:

- Difficulty sleeping
- Unexplained aches and pains
- Gastrointestinal effects
- Unexplained appetite and weight changes
- Fatigue and exhaustion
- Agitation and restlessness

If these symptoms become overwhelming or interfere with your daily activities, seek professional help.



Will supplements help?

Certain ingredients may help you with the symptoms you are experiencing. Ask your pharmacist.

Think any of your medications may be causing anxiety or depression? Ask your pharmacist for a comprehensive medication review.

CDC Suicide and Crisis Hotline: You can call, text, or chat: 988. <https://988lifeline.org/chat/>
Staff are available 24/7, and customers can call or chat with a counselor.