

# Sunflower Counseling Center

October 10th is World Mental Health Day



## What is a Mental Health Day?

In recent years, since the start of the pandemic, daily stressors have continued to increase. Every day we face the stress of balancing work, family, friends, and personal responsibilities. With all of this pressure continuing to build, it has never been more important for us to take the time we need to tend to our mental health needs.

Although we have made great strides in changing the way people view mental health, the stigma remains. Often we see others frowning upon the prioritization of our mental wellness. You may have encountered the unspoken expectation from your employer to use as little time off as possible. Maybe you have felt the pressure to say yes to every request presented to you. Even stepping away from personal responsibilities to have some “you” time may have left you feeling lazy and unproductive. These are all examples of how we have been conditioned to overlook our mental and emotional needs for the sake of others.

In today’s society, there is a sense of living in a “Hustle Culture” which reinforces the idea that we need to be productive at all times. Think about how many times you have encountered a social media post with the caption “No days off” or “#TeamNoSleep”. This way of thinking often leads to burnout and negatively impacts our mental wellbeing.

Prioritizing your mental wellness is not something to be ashamed of. You can’t pour into others’ cups if yours is empty. In honor of World Mental Health Day, we encourage you to plan some time off. Perhaps you will take a day off of work or clear your schedule this weekend and have a guilt-free day binge watching your favorite TV show. Whether you take a whole day to yourself or even just 10 minutes, we hope that you are able to find time to unplug, recharge, and reset.

Check out the column to the right for more information on burnout and how to prevent it.

### Symptoms of Burnout

- Feeling of fatigue despite how much sleep you’ve had
- Increased irritability
- Feelings of dread surrounding work or other obligations
- Difficulty paying attention, “Zoning Out”
- Feeling relieved when plans are canceled
- Being on “Autopilot”, Going through the motions without being present

### Tips for preventing Burnout:

- Use your PTO! Take the time off that you are entitled to.
- Keep up with healthy habits- Eat well, Move your body, Get quality sleep.
- Set boundaries! Don’t check work emails or messages after hours.
- Learn to say No! Try not to spread yourself too thin.