



IBEAM

Ideal Body Environment And Mind



Video One: We All Have Mental Health

Main Points

1. We all have mental health and it's important to take care of it.
2. Anyone can experience a mental illness, but some factors about us can increase our risk.
3. It's important to recognize changes in your mental health that adversely affect your day-to-day life.
4. Seeking help is critical and treatment works.

► We all have mental health and it's important to take care of it.

Just as everyone has physical health, we all have mental health, and both are vital components to our overall wellbeing.

Mental wellness is defined as a positive state of wellbeing where an individual is able to manage the normal stresses of life, maintain connections with friends and family, seek help when needed, and live as a productive member of society.

Mental illness is a health condition involving change in emotion, thinking, behavior or any combination of these, and is associated with distress and/or problems with functioning in social, work or family activities.

It's normal to have ups and downs, but when these ups and downs start to cause disruptions and problems in your day-to-day life or prevent you from functioning as you normally would, there may be something more going on.

Depression and **anxiety** are common examples of mental illnesses, where normal emotional well-being is challenged and there is interference with the ability to function and enjoy life.

► Anyone can experience a mental illness, but some factors about us can increase our risk.

There is no exact cause of mental illness; however, research informs us that mental illness is, instead, caused by a combination of genetics, psychological factors (like low self-esteem or feelings of unacceptance), biological factors (like family history of mental illness), and environmental factors (like exposure to substance abuse).

Anyone can experience a mental illness, however, some of the factors put us a greater risk like a blood relative with a history of mental illness, stressful life situations such as financial problems, a loved one's death, divorce, or traumatic experiences like military combat or witness to or victim of an assault. Use of alcohol or recreational drugs, childhood history of abuse or neglect, and having few healthy relationships are also risk factors.

► It's important to recognize changes in your mental health that adversely affect your day-to-day life.

It's important to familiarize yourself with common symptoms associated with mental illness. They may appear differently from person-to-person depending on the mental illness and other relevant circumstances. A few common symptoms to be aware of include:

- Excessive worrying or fear
- Feeling excessively sad or low
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and experiencing low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Substance abuse including alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress

► Seeking help is critical and treatment works.

Those experiencing a mental illness should not feel ashamed. Mental illnesses are health conditions that need to be treated not unlike diabetes, the flu, or heart disease. And the good news is, mental illness can be treated effectively. With the right treatment and support, the vast majority of people who experience mental illness live very happy, productive, and fulfilling lives!

Experiencing a mental illness may sound overwhelming or cause negative feelings, but you are not alone. In fact, mental illness is extremely common.

43.8 million adults, or

1 in 5

will experience a mental illness in any given year.



Within the construction industry,

57%

of construction workers have experienced a mental health issue.



If you are worried you may be experiencing a mental health crisis or having thoughts of suicide, call the National Lifeline at +1 800-273-8255 OR text "Hello" to the Crisis Text Line at 741-741 for free, confidential 24/7 support.

► Find more information about mental health at willistowerswatson.com/underthehardhat

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About SAVE

SAVE is the nation's leading nonprofit agency working to prevent suicide through public awareness and education, reduce stigma, and serve as a resource to those touched by suicide. For more than 30 years SAVE has been at the forefront of suicide prevention and is the world's leader in developing safe messaging standards, practices and awareness campaigns on suicide prevention. We developed an evidence-based program for suicide prevention, numerous best practice tools and a peer support program to help those in crisis. SAVE also conducts professional training, education, technical assistance and provides consultation to businesses, organizations, communities and governments on all aspects of suicide prevention, intervention and postvention (grief after suicide).

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