



Human Resources

Mental Health Day October 30th, 2020

“A recent Kaiser Family Foundation Poll reports that—
for the first time, a majority of American adults believes
the pandemic is taking a toll on mental health”



Scan to Watch a Video

<https://vimeo.com/471486062>



COVID STRESS

21% reported a huge mental impact due to worry & stress during the pandemic.

BURNOUT

Excessive & prolonged stress can cause exhaustion & burnout—both mentally & physically



EFFECTS OF STRESS

High levels are linked to Diabetes, Heart Disease & Substance Abuse.

1 IN 5 ADULTS

Are affected by depression, & routine stress can play a role in its onset.



6 Tips to Mind Your Mental Health *(Click a star to learn more!)*



Limit news exposure



Foster healthy relationships



Practice self-care



Take your emotional pulse



Learn coping strategies



Reach out & ask for help

For Faculty & Staff

Ulliance CALL ► 800.448.8326

Enhancing People. Improving Business.

Ulliance offers free, confidential support & resources, including counseling, coaching, crisis with many resources to address stress and anxiety. The goal of the Life Advisor EAP is to help individuals achieve a healthy work-life balance.

For more tips on minding your mental health you can access our webinar library here <http://bit.ly/Ulliance-Webinars> or logon to LifeadvisorEAP.com for many resources.

Things To Do and See :

Take time for yourself and explore!

- Detroit Farm and Cider
- Eastern Market
- The Spirit Of Detroit & Shinola Hotel
- The Detroit Dequindre Cut
- Campus Martius Park
- Beacon Park
- Comerica Park
- Ford Field
- Outdoor activities near you!