



Employee NEWSLETTER

Employee Assistance Program
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Mental Health Goals Will help Improve Your Wellbeing

Adapted from Dr. Chris Mosunic, PhD, RD, MBA

It's easy to feel lost or overwhelmed when setting out to improve your mental wellbeing. Fortunately, setting clear and specific mental health goals can have a profound impact on your overall wellbeing. With the right knowledge and tools, you can empower yourself to create a personal roadmap for your mental health journey.

Setting mental health goals is a simple and effective first step toward improved mental wellbeing. Mental health goals provide a focus, whether it's managing anxiety, boosting your mood, or building stronger relationships. This focus is essential in transforming vague aspirations into tangible results.

Setting mental health goals encourages self-reflection. It's an opportunity to understand your needs and desires better. What makes you feel good? What causes you stress? Better understanding yourself and your desires is the first step in setting goals that truly resonate with your personal journey toward mental wellness.

Achieving these goals—no matter how small they are—can boost your confidence and self-esteem. Each goal reached is tangible proof of your ability to influence your own mental state positively. This sense of accomplishment is vital in fostering a more positive self-image and a can-do attitude toward life's challenges.

Setting mental health goals also promotes accountability and discipline. When you commit your goals to paper,

you're making a promise to yourself. This commitment is a powerful motivator, pushing you to take consistent actions toward your goals. It's about being responsible for your mental wellbeing and recognizing that you have the power to make positive changes in your life.

Finally, these goals can be incredibly empowering. They remind you that you're in charge of your mental health journey. By setting and working toward these goals, you're actively shaping your emotional world, instead of just reacting to it. This proactive approach is key to feeling more in control and less at the mercy of external circumstances.

Step-by-step guide to setting mental health goals

Creating mental health goals might seem challenging at first, but with a clear, step-by-step approach, you can turn it into an empowering and insightful process. By following these steps, you're not just dreaming about better mental health—you're achieving it. Remember, the goal is progress, not perfection. Each small step you take is a positive move toward a healthier, happier you.

1. Identify the details of what you want to change.

Take a moment to think about what aspect of your mental health you want to work on. It could be anything from reducing anxiety, improving your mood, to building stronger relationships with those around you. The key is to be specific about what you want to change or improve in your mental wellbeing.

2. Get SMART about your ideas to make them attainable.

Once you have an idea of what you want to achieve, it's time to make your goal specific, measurable, achievable, relevant, and time-bound (SMART). This method ensures your goals are clear and attainable. For example, instead

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of saying, "I want to be less stressed," a SMART goal would be, "I will practice 10 minutes of mindfulness meditation each day for the next month to reduce my stress levels."

3. Break goals down into smaller steps to avoid becoming overwhelmed.

Large goals can be overwhelming. Break them down into smaller, more manageable tasks. For instance, if your goal is to improve your relationships, start with a simple task like spending 10 minutes a day having meaningful conversations with a loved one.

4. Create an action plan to fit changes into your daily life.

Now that you have your steps, make a plan to execute them. If your goal is to meditate daily, decide when and where you'll do it. Will it be in the morning before work, or in the evening before bed? Having a clear plan makes it easier to stick to your goals.

5. Write your goals down to keep your motivation levels up.

Writing down your goals can make them feel more real. Keep them in a place where you can see them often, like on your fridge door or as a reminder on your phone. This constant visual reminder can be a great motivator.

6. Invite support by sharing your goals.

Consider sharing your goals with someone you trust. This can create a sense of accountability and provide you with support and encouragement on your journey.

7. Review and adjust your goals as often as needed—without judgment.

Your goals aren't set in stone. Life changes—and so can your goals. Regularly reviewing your goals helps you stay on track and make any necessary adjustments to ensure they continue to be relevant and achievable for you.

Improving mental health: 4 tips to achieve your goals

Achieving your mental health goals requires dedication, patience, and a bit of strategy. By following these tips, you're equipping yourself with practical ways to stay committed to your mental health goals. Each step you take, no matter how small, is a positive move toward a healthier, happier you.

1. Embrace the process—and yourself.

Understand that progress is not always linear. There will be good days and challenging days. Accept this as part of the journey and practice self-compassion. Try to be as kind and understanding to yourself as you would be to a good friend facing similar challenges.

2. Ask questions rather than assigning blame.

When things don't go as planned, instead of getting discouraged, look for lessons in these experiences. Understanding what didn't work and why can be invaluable for future success.

3. Get support to stay on track.

It can be hard to stick to your goals when it gets tough, but persistence is key in achieving long-term success in mental health improvement. Don't hesitate to reach out to friends, family, or professionals for support. Sharing your goals and struggles can provide encouragement and accountability.

4. Track your progress and mark your achievements.

Monitoring your progress is vital in maintaining momentum toward your mental health goals. This could involve journaling your experiences, setting regular check-ins with yourself, or using apps to track your habits. Tracking your progress is not just about ticking off completed tasks. It's about understanding your journey, recognizing your growth, and making adjustments as needed.

Additionally, take time to acknowledge and celebrate your progress, no matter how small it might seem. This reinforces positive feelings and encourages you to keep going.

Lean into FCH EAP for support

We understand that easing mental stress is an important part of health and overall well-being. As you enter the new year, you may find yourself wanting assistance with goal setting.

First Choice Health EAP licensed clinical staff are here to provide support. Simply call us at (800) 777-4114 or visit www.FirstChoiceEAP.com to request an appointment or learn more about your EAP. As a reminder, your EAP sessions are **confidential** and **available 24/7**.

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EAP Worklife Services:

The following Worklife services we offer can be helpful during stressful times.

- Child and elder care consultations and referral resources
- Legal and financial consultations
- ID theft and fraud coverage
- Homeownership assistance.

Additional Resources:

- Talkspace, which provides our virtual counseling services
- Benefit Hub, which provides discounted goods and services
- Help Texts, which assists during times of grief and loss

Training & Orientation:

Find EAP orientations at www.FirstChoiceEAP.com. Many groups find these online orientations particularly useful to use as a part of their new hire orientations throughout the year. You will also find a wide range of additional training available to your group on our website under the Training Center Section.

References:

<https://www.calm.com/blog/mental-health-goals>

