

MENTAL HEALTH TOOLKIT



The
Wellbeing
Partners

2026



Introduction: Returning to the Basics of Wellbeing

*This toolkit is not meant to be completed all at once.
Choose one dimension, one practice, and one small step.*

Wellbeing is something we talk about often, yet at times it can feel overwhelming, complicated, or even out of reach. In reality, wellbeing starts with the basics. It's shaped by our everyday choices, our connections with others, and the supports around us that help us feel balanced, healthy, and able to show up fully in our lives.

This Mental Health Toolkit is designed to bring wellbeing back to those fundamentals. At its core are the **Eight Dimensions of Wellness**, a simple, holistic framework that helps us understand how different areas of our lives influence our mental health and overall wellbeing. These dimensions include **emotional, physical, social, intellectual, spiritual, occupational, environmental, and financial wellbeing**. Each dimension plays an important role, and when one area is strained, it can affect the others.

Wellbeing is not about perfection or having everything figured out. It looks different for everyone and changes across seasons of life, work, and circumstances. This toolkit invites you to explore each dimension, reflect on where you are today, and identify small, meaningful steps that can support your wellbeing moving forward.

Most importantly, this resource is for everyone. By understanding the different dimensions of wellness, we can better care for ourselves while also strengthening the wellbeing of our families, workplaces, and communities.



Practical Integration of the Eight Dimensions of Wellness

How to Use This Toolkit

Mental health is not a standalone issue. It is deeply influenced by how we live, work, connect, and feel supported across all areas of life. This toolkit is designed to help individuals, managers, and organizations move from **awareness to action** by:

- Identifying everyday behaviors that support mental health
- Embedding wellness into workplace systems, policies, and norms
- Encouraging shared responsibility for wellbeing, not just individual coping

Each of the Eight Dimensions of Wellness includes guidance to support both personal and organizational integration, including:

1. **Why the dimension matters** for mental health
2. **Individual integration** - what it looks like in real life
3. **Workplace integration** - how it shows up at work
4. **Manager and organizational actions** that reinforce wellness
5. **Simple tools and reflection prompts** to support meaningful change

Together, these sections are designed to create a practical, inclusive approach to mental health. One that recognizes wellbeing as something we build together, day by day.

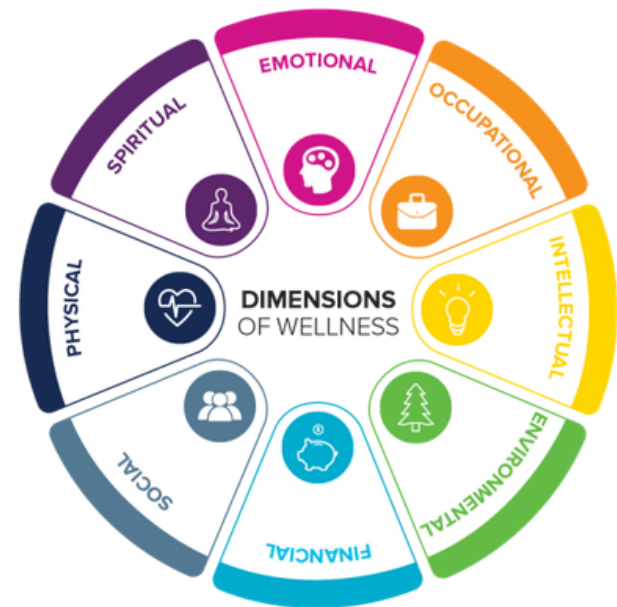


What is Wellness and What are the Eight Dimensions?

According to the World Health Organization, wellness is “a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity.” But what does this really mean? Wellness is more than just being disease free. It is a holistic, interconnected experience that touches all areas of our lives.

SAMHSA add to this definition by defining wellness as “being healthy in many dimensions of our lives,” including emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual wellbeing. Instead of seeing each dimension as separate, it is helpful to view them as interconnected, with each influencing and supporting the others.

Culture also plays a vital role in wellness. Our values, traditions, and community connections shape how we understand and experience health and guide how we take care of ourselves and support one another. Recognizing cultural influences creates a more complete and inclusive picture of what it means to be well.



Highlights

- Wellness is more than just physical health; it includes emotional, social, intellectual, financial, occupational, environmental, and spiritual wellbeing.
- Culture shapes how we experience and care for our wellness, making it essential to consider values, traditions, and community connections.

Sources

- World Health Organization. Health and Well-Being. Global Health Observatory data repository. World Health Organization. <https://www.who.int/data/gho/data/major-themes/health-and-well-being>
- Substance Abuse and Mental Health Services Administration. (2016). Creating a healthier life: A step-by-step guide to wellness (Publication No. SMA16-4958). U.S. Department of Health and Human Services.
- University of Illinois at Chicago. (n.d.). Section 3.14: Understanding the role of culture in health. In PUBH 110 Public Health and Global Societies.



Occupational Wellness and Mental Health

We are starting a deep dive into each of our **Eight Dimensions of Wellness** and how they connect with mental health. First up: **Occupational Wellness**.

When people think about occupational wellness, work is often the first thing that comes to mind, but occupational wellness goes far beyond having a job. It's about finding **satisfaction, purpose, and meaning** in the work you do. It includes being self-aware enough to balance job demands with personal time, building positive relationships with colleagues, exploring career paths, and engaging in ongoing learning and development.

When your work aligns with your personal values and goals, it can increase your sense of purpose, boost confidence, and enhance overall life satisfaction. On the other hand, chronic stress, misalignment with personal values, or limited growth opportunities can contribute to frustration, burnout, and reduced wellbeing.

Occupational wellness is deeply connected to **mental health**. A positive work environment with healthy boundaries and supportive coworkers can reduce stress and improve focus, engagement, and productivity. In contrast, a work environment that feels unsupportive, misaligned, or stagnant can have serious impacts, leading to burnout, chronic stress, anxiety, depression, and other mental health challenges. By cultivating occupational wellness through goal-setting, maintaining healthy work-life boundaries, seeking growth opportunities, and engaging in meaningful work, individuals can better support their mental health and strengthen their overall wellbeing.

Highlights

- Occupational wellness is about more than just having a job; it is about finding meaning, balance, and growth in the work you do.
- When your work aligns with your values and is supported by a healthy environment, it can strengthen mental health, while ongoing stress or misalignment can lead to burnout, anxiety, and decreased overall wellness.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [World Health Organization. \(2024, September 2\). Mental health at work.](#)

Occupational Wellness and Mental Health

Finding Meaning, Balance, and Sustainability in Work

Why It Matters

Occupational wellness strongly influences mental health. Chronic misalignment, unclear expectations, or excessive workload are major drivers of stress, burnout, and disengagement, while meaningful, well-supported work can enhance purpose, confidence, and overall wellbeing.

What Occupational Wellness Looks Like

Individual Integration:

- Reflect on alignment between work, values, and strengths
- Set and communicate reasonable boundaries
- Acknowledge accomplishments and progress

Workplace Integration:

- Clarify roles, priorities, and success measures
- Align work with strengths where possible
- Design workloads that are realistic and equitable

Manager & Organizational Actions:

- Hold regular check-ins about workload and capacity
- Address burnout signals early, not reactively
- Design roles and expectations for long-term sustainability



Try One Small Step

You do not need to change everything - choose one.

- Identify one task or expectation that drains energy
- Clarify one priority or boundary this week
- Have one conversation about workload or role clarity

Key Takeaway

Occupational wellness is not about loving every task - it's about having clarity, balance, and support to meet expectations without sacrificing mental health. Sustainable work is a shared responsibility, not an individual burden.

Simple Tools & Prompts

- “What energizes me at work - and what consistently drains me?”
- Strengths-based role or task conversation
- Quick burnout risk self-check

Resource

Psychology Today: Burnout at Work Self-Assessment
<https://www.psychologytoday.com/us/tests/career/burnout-at-work>

Intellectual Wellness and Mental Health

Intellectual wellness is all about engaging in activities that are creative, stimulating, and mentally enriching. These experiences help expand knowledge, build new skills, and deepen understanding of different perspectives. Intellectual wellness also involves recognizing your own potential, sharing your ideas and talents, and remaining open to viewpoints that differ from your own.

Intellectual wellness is closely connected to **mental health**. Engaging your mind in meaningful and stimulating ways can enhance cognitive functioning and support emotional balance. Activities such as learning new skills, exploring creative outlets, and challenging your thinking can reduce stress, increase confidence, and strengthen resilience. Strong intellectual wellness also supports brain health by improving memory, focus, and problem-solving skills, all of which play an important role in managing anxiety and maintaining overall well-being. When individuals feel mentally engaged and positively challenged, it can foster a sense of purpose and contribute to improved mental health outcomes.



Highlights

- Intellectual wellness involves engaging in creative and stimulating activities that expand knowledge, build skills, and encourage openness to different perspectives.
- By keeping the mind active through learning and creativity, intellectual wellness can reduce stress, strengthen resilience, and support overall mental health and cognitive functioning.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [Policy Research Associates, Inc. \(2019\). Intellectual wellness \[Fact sheet\].](#)
- [Parkhurst, E. \(2021, October 25\). How hobbies improve mental health. Utah State University Extension.](#)
- [Change Mental Health. \(n.d.\). Skills development and mental health.](#)

Intellectual Wellness and Mental Health

Engaging the Mind Through Learning, Curiosity, and Growth

Why It Matters

Intellectual wellness supports mental health by fostering confidence, purpose, and cognitive resilience. When people feel mentally stimulated, without being overwhelmed, they are better able to manage stress, stay engaged, and adapt to change.

What Intellectual Wellness Looks Like

Individual Integration:

- Engage in learning that aligns with interests and strengths
- Balance challenge with capacity - growth without overload
- Give yourself permission not to know everything

Workplace Integration:

- Offer development opportunities without constant pressure
- Encourage creativity, curiosity, and experimentation
- Allow time for learning, reflection, and innovation

Manager & Organizational Actions:

- Support growth, not just performance outcomes
- Clarify priorities to reduce cognitive overload
- Minimize unnecessary complexity and information burden



Try One Small Step

You do not need a development plan - choose one.

- Learn one small thing that sparks curiosity
- Ask a thoughtful question instead of rushing to answers
- Take time to reflect after completing a project or task

Key Takeaway

Intellectual wellness isn't about constant up-skilling - it's about staying curious, engaged, and mentally nourished. Learning that feels meaningful and manageable supports both mental health and long-term engagement.

Simple Tools & Prompts

- "What am I learning right now?"
- Skill-strength mapping (what I enjoy vs. what drains me)
- Short reflection after meetings, trainings, or projects

Resource

Psychology Today: Burnout at Work Self-Assessment
<https://www.psychologytoday.com/us/tests/career/burnout-at-work>



Environmental Wellness and Mental Health

When people think about **environmental wellness**, they often think about caring for the planet. While sustainability and environmental stewardship are important elements, environmental wellness goes further. It's about creating and maintaining **safe, healthy, and supportive spaces** that promote both physical and emotional well-being; where we live, work, and spend our time.

Environmental wellness includes being mindful of how your surroundings affect your health, reducing exposure to pollutants, and creating spaces that feel clean, organized, and comfortable. Spending time in nature, improving indoor air quality, reducing clutter, and making conscious choices that support both personal well-being and environmental health can all support a greater sense of balance and stability.

Environmental wellness is closely connected to **mental health**. Safe, clean, and well-organized environments can reduce stress, improve focus, and promote calm and clarity. Access to natural light, green spaces, and outdoor environments has also been shown to support mood, enhance resilience, and reduce feelings of stress and fatigue. At the same time, concerns about environmental challenges, such as pollution and climate change, can contribute to stress or climate anxiety, which may impact emotional health and overall mental well-being.

By cultivating environmental wellness, you can create conditions that support mental health, encourage resilience, and foster a stronger sense of well-being, both personally and collectively.

Highlights

- Environmental wellness goes beyond caring for the planet; it is about creating safe, healthy, and supportive spaces that protect both your physical and emotional well-being. Being mindful of your surroundings and fostering sustainable environments can reduce stress, improve focus, and help manage climate-related anxiety, supporting overall mental health.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [Minnesota Department of Health. \(n.d.\). Climate and well-being.](#)
- [Mental Health Europe. \(n.d.\). Environment and mental health.](#)
- [American Psychological Association. \(2020, April\). Nurtured by nature: Why the natural world may be the best medicine. APA Monitor on Psychology.](#)

Environmental Wellness and Mental Health

Feeling Safe, Supported, and Comfortable in the Spaces Around Us

Why It Matters

Environmental wellness shapes mental health through the spaces where we live, work, and spend time. Chaotic, unsafe, or overstimulating environments can increase stress and fatigue, while supportive, accessible spaces can improve focus, calm, and emotional regulation.

What Environmental Wellness Looks Like

Individual Integration:

- Notice how your surroundings affect mood and energy
- Create small pockets of calm or comfort where possible
- Identify environmental stressors and supports

Workplace Integration:

- Design psychologically safe and accessible spaces
- Reduce unnecessary noise, clutter, and interruptions
- Support flexibility in where and how work is done

Manager & Organizational Actions:

- Address harmful behaviors and systems that reduce safety
- Align workload, expectations, and environment with capacity
- Build inclusive, accommodating, and accessible norms and spaces



Try One Small Step

You do not need to change everything - choose one.

- Make one small change to reduce visual, noise, or digital clutter
- Step outside or into natural light, even briefly
- Adjust one element of your workplace to improve comfort

Key Takeaway

Environmental wellness isn't about perfect spaces - it's about reducing stress and increasing safety where possible. Small, thoughtful changes to our surroundings can meaningfully support mental health over time.

Simple Tools & Prompts

- “What helps me feel focused or calm here?”
- Psychological safety or environmental check-ins
- Short team reflection: *What in our space supports or hinders our work?*

Resource

DBSA Wellness Wheel: Your Environmental Wellness
<https://www.dbsalliance.org/wellness/wellness-toolbox/dbsa-wellness-wheel/your-environmental-wellness/>

Financial Wellness and Mental Health

Financial wellness is a key component of holistic well-being. It goes beyond managing money to include the emotional and psychological aspects of how we experience financial security and stress. Financial wellness involves understanding income, savings, and debt, making informed choices, living within your means, and setting both short- and long-term goals. Building these habits can increase confidence, stability, and peace of mind.

Financial stress is common and has a direct impact on **mental health**. Research from the Financial Health Network shows that **4 in 10 Americans (40%) experience moderate to high financial stress**. Ongoing financial strain can lead to worry, uncertainty, and emotional exhaustion, increasing the risk of anxiety and depression, especially for women, younger adults, and lower-income households. In fact, individuals facing financial challenges are **1.5 to 3 times more likely** to experience anxiety or depression.

By strengthening financial wellness skills, individuals can reduce stress, improve emotional well-being, and build resilience that supports overall mental health.



Highlights

- Financial wellness is a vital part of overall wellbeing, encompassing not just money management but also the emotional, physical, and psychological relationship we have with our finances.
- With 40% of Americans reporting financial stress, the impact goes beyond finances and significantly affects mental health, increasing the risk of anxiety and depression.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [Financial Health Network. \(2023, October 10\). Understanding the mental-financial health connection.](#)
- [Financial Readiness. \(n.d.\). Money matters: the connection between financial health and mental health.](#)

Financial Wellness and Mental Health

Feeling Secure, Informed, and Supported Around Money

Why It Matters

Financial stress is a common and often invisible driver of anxiety, sleep disruption, and emotional exhaustion. When people feel uncertain or ashamed about money, it can significantly impact mental health, focus, and overall wellbeing

What Financial Wellness Looks Like

Individual Integration:

- Build awareness of your financial situation (not perfection)
- Reduce shame by acknowledging financial stress as common
- Seek credible information or support when needed

Workplace Integration:

- Communicate benefits and pay practices clearly
- Offer financial education and accessible resources
- Normalize conversations about financial wellbeing

Manager & Organizational Actions:

- Avoid assumptions about employees' financial stability
- Clearly explain available benefits and support
- Offer flexibility during periods of financial stress



Try One Small Step

You do not need to solve everything - choose one.

- Review one bill, benefit, or account you've been avoiding
- Identify one financial question you want answered
- Take one step toward clarity (not control)

Simple Tools & Prompts

- "What is one financial stressor I can name right now?"
- Monthly money check-in (10 minutes, no judgment)
- Emergency vs. long-term planning snapshot

Key Takeaway

Financial wellness isn't about having it all figured out - it's about reducing stress through clarity, support, and small manageable steps. Even modest actions can improve mental health over time.

Resource

Consumer Financial Protection Bureau (CFPB)
<https://www.consumerfinance.gov/consumer-tools/>



Social Wellness and Mental Health

Social wellness is a vital dimension of overall well-being. At its core, it is built on the positive, healthy, and meaningful relationships we have with friends, family, and the communities in which we live in. Social wellness involves developing and maintaining connections that foster a sense of belonging, support, and mutual understanding. These relationships play a significant role not only in our daily lives, but also in our mental and emotional well-being.

Strong social wellness has been shown to support **mental health** in powerful ways. Research published in the *American Journal of Psychiatry* has identified social connection as one of the strongest protective factors against depression. Meaningful relationships provide emotional support, validation, and understanding; helping individuals feel seen, heard, and valued. When people feel connected, they are more likely to share their experiences, seek help when needed, and build resilience during challenging times.

Conversely, a lack of social connection can increase the risk of negative mental and physical health outcomes. Feelings of isolation or loneliness are associated with higher levels of stress, anxiety, and depression. By prioritizing social wellness, nurturing relationships, and staying engaged with supportive communities, individuals can build a strong foundation for positive mental and emotional health.

Highlights

- Social wellness is key to good mental and emotional health because strong, supportive relationships help reduce stress and build resilience.
- Feeling connected to others creates a sense of belonging, while isolation and loneliness can negatively impact emotional well-being.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [American Psychiatric Association. \(2020, September 30\). Social connections key to maintaining mental well-being.](#)
- [World Health Organization. \(2025, June 30\). Social connection linked to improved health and reduced risk of early death.](#)

Social Wellness and Mental Health

Meaningful Connection, Belonging, and Support

Why It Matters

Social wellness is a powerful protective factor for mental health. Feeling connected and supported reduces stress, anxiety, and depression, while isolation and exclusion can significantly increase emotional strain and burnout - especially at work.

What Social Wellness Looks Like

Individual Integration:

- Cultivates supportive relationships inside and outside of work
- Ask for connection or help earlier, not only in crisis
- Maintain boundaries with relationships that drain energy

Workplace Integration:

- Create inclusive, psychologically safe team norms
- Encourage collaboration rather than competition
- Make space for connection beyond task-based interaction

Manager & Organizational Actions:

- Actively foster belonging and inclusion
- Address exclusion, conflict, or isolation quickly
- Support peer connection, mentoring, and team cohesion



Try One Small Step

You do not need to deepen every relationship - choose one.

- Check in with one colleague beyond work tasks
- Identify one person you can lean on when needed
- Set one boundary to protect emotional energy

Key Takeaway

Social wellness isn't about being socially busy - it's about feeling seen, supported, and connected. Even small moments of genuine connection can protect mental health and strengthen resilience over time.

Simple Tools & Prompts

- “Who makes me feel supported - and who do I support?”
- Team communication or respect agreements
- Buddy or peer-support systems (especially for new or returning staff)

Resource

U.S. Surgeon General: Social Connection Resources
<https://www.hhs.gov/surgeongeneral/priorities/connection>

Physical Wellness and Mental Health

When we think about well-being, **physical wellness** is often the first dimension that comes to mind, and the one many people are most familiar with. Physical wellness focuses on building healthy habits related to nutrition, movement, sleep, and health care. It also involves listening to your body, recognizing its needs, and taking a proactive approach to caring for your health.

Physical and mental health are closely intertwined, with each influencing the other in meaningful ways. Regular physical activity, adequate sleep, and balanced nutrition can improve mood, reduce stress, and support overall mental well-being. When physical wellness is prioritized, mental wellness often follows. At the same time, mental health plays a critical role in physical health. Chronic stress or anxiety, for example, can contribute to headaches, fatigue, and a weakened immune system. By caring for both body and mind, individuals can build a more balanced, resilient foundation for long-term health and well-being.



Highlights

- Physical wellness is often the most recognized dimension of well-being, focusing on building healthy habits like nutrition, sleep, exercise, and listening to your body's needs.
- Physical and mental health are deeply connected, caring for your body can improve mood and reduce stress, while unmanaged mental health challenges can show up as physical symptoms.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [Mental Health Foundation. \(2022\). Physical health and mental health.](#)
- [American Psychiatric Association. \(n.d.\). Lifestyle to support mental health.](#)

Physical Wellness and Mental Health

Caring for the Body to Support Energy, Resilience, and Focus

Why It Matters

Physical wellness directly affects mental health. Sleep, movement, nutrition, and physical recovery influence mood, stress levels, concentration, and emotional regulation. When physical needs are consistently ignored, mental health often suffers.

What Physical Wellness Looks Like

Individual Integration:

- Pay attention to physical signals of stress or fatigue
- Prioritize rest, movement, and nourishment in realistic ways
- Practice listening to your body rather than pushing through

Workplace Integration:

- Normalize breaks, movement, and stepping away from screens
- Respect recovery time after illness or high-intensity work
- Encourage sustainable pacing, not constant output

Manager & Organizational Actions:

- Respect start/stop times, time off, and recovery needs
- Avoid rewarding overwork or chronic exhaustion
- Provide ergonomic and physical wellbeing supports



Try One Small Step

You do not need a full routine - choose one.

- Take one short movement or stretch break today
- Drink water or eat something that stabilizes energy
- Go to bed or log off 15 minutes earlier than usual

Key Takeaway

Physical wellness is not about optimization - it's about supporting your body so your mind can function well. Small, consistent care practices can meaningfully improve mental health over time.

Simple Tools & Prompts

- “What does my body need right now?”
- Energy or sleep self-check
- Meeting norm: brief movement or screen break

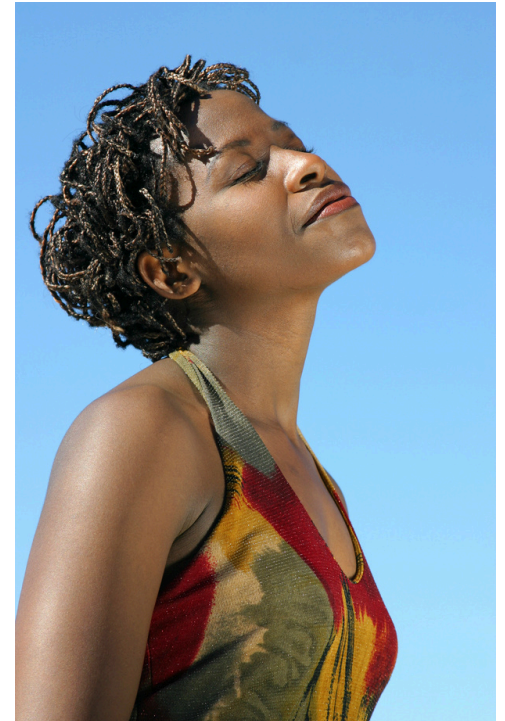
Resource

CDC: Healthy Eating
<https://www.cdc.gov/healthy-weight-growth/healthy-eating>

Spiritual Wellness and Mental Health

Spiritual wellness is about finding meaning, purpose, and a sense of connection in life. It does not have to be tied to religion, though for some it may include faith, beliefs, and spiritual practices that offer guidance and comfort. For others, spiritual wellness may involve connecting with personal values, nature, community, or a sense of something bigger than oneself. It is often supported through reflection, mindfulness, gratitude, and living in alignment with one's beliefs. Cultivating spiritual wellness can help people feel grounded, provide direction, and offer strength during challenging times.

Spiritual wellness is closely connected to **mental health**. Having a sense of purpose and meaning can improve how individuals cope with stress, uncertainty, and adversity. When people feel connected to their values or a larger purpose, they often experience greater resilience, hope, and emotional stability. Practices such as meditating, prayer, journaling, or quiet reflection can reduce anxiety and promote a sense of calm. By supporting spiritual wellness, individuals can strengthen their mental health and foster a deeper sense of overall well-being.



Highlights

- Spiritual wellbeing involves finding meaning, purpose, and connection, whether through faith, personal values, or reflection.
- Spiritual wellbeing supports mental health by building resilience, reducing stress, and fostering a sense of peace and emotional stability.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [National Alliance on Mental Illness. \(2016, December 21\). The mental health benefits of religion & spirituality.](#)
- [Deconstructing Stigma. \(n.d.\). Spirituality.](#)

Spiritual Wellness and Mental Health

Finding Meaning, Purpose, and Connection

Why It Matters

Spiritual wellness supports mental health by helping people feel grounded, resilient, and connected to what matters most. A sense of purpose and meaning can buffer stress, support coping during change, and provide stability during uncertainty or loss.

What Spiritual Wellness Looks Like

Individual Integration:

- Reflect on personal values, purpose, or beliefs
- Engage in practices that create meaning (reflection, mindfulness, gratitude, service)
- Align daily actions with what matters most

Workplace Integration:

- Connect work to impact and shared purpose
- Respect diverse beliefs, values, and identities
- Allow space for reflection, meaning-making, and transition

Manager & Organizational Actions:

- Communicate the *why* behind work and decisions
- Support values-driven and purpose-centered leadership
- Recognize contributions and the impact of people's work



Try One Small Step

You do not need to define everything - choose one.

- Reflect on what gives your work or life meaning
- Take a quiet pause to reset during a stressful moment
- Reconnect with one value that guides your decisions

Key Takeaway

Spiritual wellness isn't about having all the answers - it's about staying connected to meaning, purpose, and values that help you navigate stress and change. Small moments of reflection can strengthen mental health over time.

Simple Tools & Prompts

- "What matters most to me right now?"
- Values clarification exercises
- Reflection after change, transition, or major effort

Resource

Greater Good Science Center
<https://greatergood.berkeley.edu/>

Emotional Wellness and Mental Health

Emotional wellness is the ability to understand, express, and manage emotions in healthy and constructive ways. It involves recognizing your feelings, coping effectively with stress, and maintaining perspective during both positive and challenging experiences. Emotional wellness also includes building self-awareness, practicing self-compassion, and developing the skills needed to navigate relationships and life's ups and downs. When someone is emotionally well, they are better able to process experiences, adapt to change, and respond thoughtfully rather than react impulsively.

Emotional wellness is closely connected to **mental health** because it influences how individuals think, feel, and behave in everyday life. Strong emotional wellness can reduce the risk of anxiety, depression, and chronic stress by supporting emotional regulation and effective coping strategies. It also enhances resilience, strengthens relationships, and promotes overall well-being. By intentionally building emotional wellness, individuals create a more stable and supportive foundation for long-term mental health.



Highlights

- Emotional wellness is the ability to understand, manage, and express emotions in healthy ways while navigating life's challenges with self-awareness and resilience.
- Emotional wellness supports mental health by improving coping skills, reducing stress, and helping maintain emotional balance and overall well-being.

Sources

- [Rocky Mountain University of Health Professions. \(n.d.\). The 8 dimensions of wellness.](#)
- [Centers for Disease Control and Prevention. \(2024, May 15\). About emotional well-being.](#)
- [Settle In US. \(2026, March 4\). Emotional health and wellness.](#)

Emotional Wellness and Mental Health

Recognizing, Expressing, and Managing Emotions in Healthy Ways

Why It Matters

Emotional wellness supports resilience, emotional regulation, and psychological safety. When emotions are ignored or suppressed; stress, burnout, anxiety, and conflict increase - both individually and at work.

What Emotional Wellness Looks Like

Individual Integration:

- Notice and name emotions without judgment
- Use simple coping strategies *before* reaching crisis
- Practice self-compassion during stress or change

Workplace Integration:

- Normalize emotional check-ins (not just ask updates)
- Respect emotional boundaries and different coping styles
- Build time for reflection during periods of transition

Manager & Organizational Actions:

- Model emotional awareness and regulation
- Respond to emotion with curiosity, not correction
- Create psychologically safe spaces for honest dialogue



Try One Small Step

You do not need to do everything - choose one.

- Name one emotion you're feeling during the workday
- Take one grounding pause (breathing, stretching, stepping outside)
- Ask for support earlier than you normally would

Key Takeaway

Emotional wellness is not about controlling feelings - it's about recognizing them early and responding with care. Small, consistent practices make emotions easier to manage over time.

Simple Tools & Prompts

- "What am I actually feeling right now?"
- Emotion wheel or feelings list
- End-of-day emotional check-out: *What helped? What drained me?*

Resource

- CDC: Emotional Wellbeing <https://www.cdc.gov/emotional-well-being>

Mental Health Awareness Month Communications

How to Use these Resources

The Wellbeing Partners invites community members, organizations, and businesses to bring attention to mental health during Mental Health Awareness Month this May:

- **Social media images** and suggested copy, pages x-x of this toolkit, may be utilized on any social media platform. Please tag @TheWellbeingPartners and @WhatMakesUsMW and use hashtag #WhatMakesUs when posting on social media channels so we can help amplify your messages and gauge participation.
- Feel free to co-brand these assets but please maintain The Wellbeing Partners logo.

Message 1

Managing stress starts with small, intentional steps. Whether it's taking a few deep breaths, setting boundaries, moving your body, or reaching out to someone you trust, every action counts. You don't have to do it all at once.

#WhatMakesUs #mentalhealth
#mentalhealthawareness
#Omaha #CouncilBluffs
#OmahaMetro



Message 2

Being outside in nature is "good for the soul" in many very real ways! According to the CDC, being in nature reduces our cortisol (the stress hormone), boosts our mood, and lowers anxiety. All important outcomes that protect mental and physical health.

#WhatMakesUs #mentalhealth
#mentalhealthawareness
#Omaha #CouncilBluffs
#OmahaMetro

NATURE AND WELL- BEING



Message 3

Work is a big part of our lives and it affects our mental health.

Feeling overwhelmed, burned out, or disconnected at work can take a toll. Setting boundaries, taking breaks, and finding moments of purpose can help create a healthier balance.

#WhatMakesUs #mentalhealth
#mentalhealthawareness
#Omaha #CouncilBluffs
#OmahaMetro

WORK AND WELLBEING



Message 4

Your surroundings can impact how you feel more than you realize.

A cluttered or chaotic space can add to stress. Small changes, like opening the shades or tidying up, can help you feel more calm and focused.

You don't have to do everything all at once. You can start with one small reset.

#WhatMakesUs #mentalhealth

#mentalhealthawareness

#Omaha #CouncilBluffs #OmahaMetro



SMALL RESET BIG CHANGE



Message 5

Taking care of your mind also means helping it grow.

Trying something new, learning, or being creative can boost confidence and give your brain a break.

What's something new you've been wanting to try?

#WhatMakesUs #mentalhealth

#mentalhealthawareness

#Omaha #CouncilBluffs

#OmahaMetro



KEEP YOUR MIND GROWING



Message 6

A sense of purpose can ground you, especially during stressful times. Spiritual wellness doesn't look the same for everyone. It can be faith, time in nature, reflection, or simply connecting to what matters most to you.

When life feels overwhelming, coming back to your "why" can help steady your mind.

#WhatMakesUs #mentalhealth

#mentalhealthawareness

#Omaha #CouncilBluffs #OmahaMetro



FIND WHAT GROUNDS YOU



CONNECTION MATTERS



Message 7

Connection is a key part of mental health. According to the 2024 Omaha Metro Community Health Assessment, three in four Metro Area adults report having someone to turn to "all" or "most" of the time if they needed or wanted help. This has decreased significantly since 2018.

We're not meant to do life alone, yet it's easier than ever to feel isolated. Reaching out, even in small ways, can help reduce stress and remind us that support is there.

#WhatMakesUs #mentalhealth

#mentalhealthawareness

#Omaha #CouncilBluffs #OmahaMetro

Message 8

Your mental health starts with understanding what you feel. Often our emotions get pushed aside or get told to "get over it", but naming what you are feeling is actually one of the first steps in managing that feeling.

Whether it's stress, frustration, joy, or something in between your emotions deserve your attention.

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#mentalhealthawareness
#Omaha #CouncilBluffs #OmahaMetro.



GIVE YOUR FEELINGS SOME SPACE

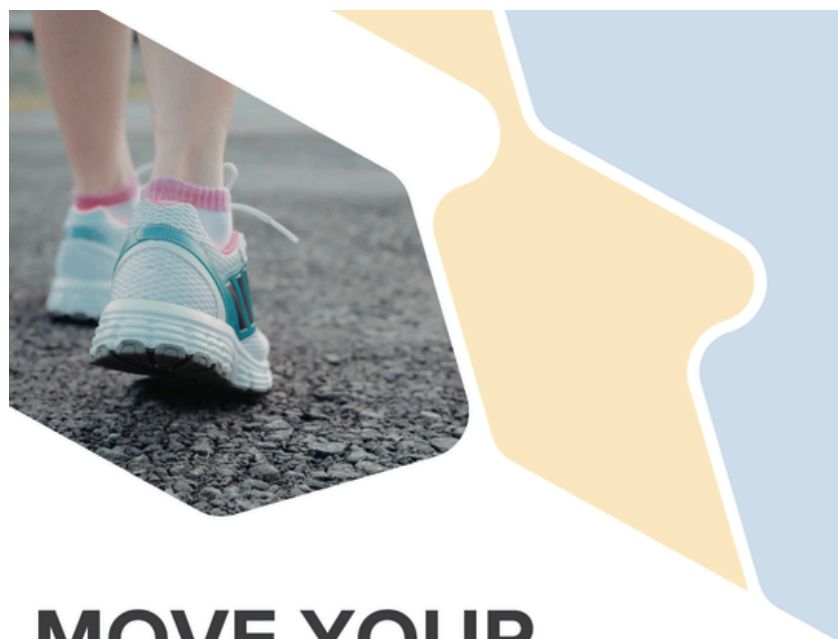
Message 9

Your body and mind are more connected.

Sleep, movement, and hydration aren't just physical healthy habits they also benefit your mental health. Small habits like taking a short walk or getting more rest make a difference.

What's one thing your body needs today?

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MOVE YOUR MOOD

Message 10

Money and mental health are more connected than we talk about.

Did you know that according to TIAA research, 42% of Americans say that money negatively impacts their mental health.

Financial stress can cause anxiety, isolation, and emotional drain. If you are feeling it, you're not alone and you don't have to figure it out all at once. Start small.

What's one thing that you can do today to feel a little more in control?

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MONEY AND MENTAL HEALTH



Bringing It All Together: A Whole-Person Mental Health Approach

Key Principles

- Mental health is **systemic**, not just individual
- Wellness dimensions are **interconnected**
- Prevention and everyday practices matter as much as crisis response

Organizational Next Steps

- Integrate dimensions into trainings, policies, and leadership expectations
- Use this toolkit in onboarding, performance conversations, and wellbeing initiatives
- Reinforce that **mental health support is ongoing, practical, and shared.**



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