

Mental Health Tips for Working Women

October 10th is World Mental Health Day – an important time for raising awareness for mental health challenges for people around the globe. In honor of this day, Women in Chemicals teamed up with our partners at Blue Pallet to bring a series of tips relating to the unique mental health challenges of working women.

1: Understand the Challenges and Identify Resources Available to You

Some of the most common mental health challenges that working women face include anxiety and depression, each of which women are twice as likely to experience as men (MayoClinic). Spend time educating yourself on mental health symptoms so you can seek support if and when needed. Employers take steps towards ensuring employees have access to help by providing them with in-office counseling and including mental health in health care plans. Seek out and understand the resources made available by your company.



2: Identify Burnout Symptoms and Seek Support



Burnouts happen to the best of us, so it is vital understand the signs and know what to look out for. While symptoms can vary between people, some of the most common include anxiety, depression, fatigue, cynicism and lack of motivation or purpose. Self-care is an essential step towards a happy mind, but it only goes so far on its own. Often, a broader support system is needed to reduce stress. Seek out and learn about the employee assistances that your company offers such as in-office counseling, work from home options, or quiet spaces for mindfulness and relaxation.

3. Balance the Scale Between Personal and Professional Life

The traditional work environment holds ultra-productivity in high regard, encouraging employees to spend exhausting hours at the office and diminishing the time people have for going home, spending time with family, and relaxing. Employees must set boundaries around their working capacity, and rebalance the scale between their professional demands and personal needs. Taking time to decompress and unwind is one of the most important things one can do to recuperate.



4. Analyze your Lifestyles and Make Choices to Sustain Your Mental Health



If burnout is a frequent occurrence in one's life, it's likely there is a practice that needs to be changed to prevent it. We should all take a second out of our busy days to sit down and look at things in our lives that may be causing burnout. Taking intentional steps to break these patterns can go a long way when it comes to feeling happier and healthier. Take the time to analyze and make choices that will allow you to sustain a healthy mental state – you deserve it!