



Wellbeing Newsletter

## MENTAL HEALTH & YOUR FAMILY

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## The Importance of Mental Health for Employees & their Families

According to the World Health Organization, 1 in 8 people in the world live with a Mental Health Disorder. There are many different types of mental disorders but effective preventive and treatment options exist.

[Mental disorders \(who.int\)](https://www.who.int/mental-health)

At Sotera Health -our mission is Safeguarding Global Health® and we recognize the need for mental health education worldwide. This includes mental health. We hope this newsletter will be a resource to learn more about mental health for you and your family.



## Resources to Help You & Your Child's Mental Health

As a parent, protecting your child's mental health—as well as your own—may be one of the most important things you can do.

Here, you'll find resources to help support your child and be ready to offer guidance.

*The below article is available for all, but some programming links may not be applicable.*

[Parent and youth | UnitedHealthcare \(uhc.com\)](https://www.unitedhealthcare.com/parent-youth)

# How (and why) to nurture relationships

Relationships aren't always easy or convenient. However, whether it is with your partner, friends, or family members, healthy relationships are important for us all

## Variety is important

No single relationship can (or should) fulfill all of our needs. That's why maintaining a variety of relationships is important. Focus on building a network of different kinds of relationships friends, romantic, even work to meet your needs.

## Listen without judgment

Relationships require give and take. You can give by truly listening to what the other person tells you, showing them that you understand, and holding back any judgment

## Set and respect boundaries

In a healthy relationship, both people adhere to the other's boundaries or what you're each willing to accept from the other. Setting your own boundaries and respecting the other person's can help you both feel fulfilled.

## Pay attention to your loneliness

The next time you feel lonely, don't go down a rabbit hole of sadness and self doubt. Instead, use the feeling as the reminder it is that you need to reach out to others and reconnect

<https://www.discovermagazine.com/mind/humans-evolved-to-be-lonely>

<https://www.nm.org/healthbeat/healthy-tips/5-benefits-of-healthy-relationships>

<https://www.healthline.com/health/interpersonal-relationships>

<https://www.verywellmind.com/how-to-maintain-interpersonal-relationships-5204856>

# Building Better Family Communication

Being able to express feelings and solve problems together are keys to a successful and happy family.

## Communication Tips:

- ✓ Think before you speak
- ✓ Be as clear as possible
- ✓ Stay on topic
- ✓ Maintain consistent eye contact
- ✓ Make your tone match your message
- ✓ Refrain from judging or disagreeing while listening
- ✓ Use helpful "I" statements instead of judgmental "you" statements
- ✓ Avoid criticizing, ridiculing, embarrassing, whining at or nagging
- ✓ Give each person an equal say
- ✓ Stress the tolerance of differences
- ✓ Avoid speaking on behalf of another family member
- ✓ Be consistent with your partner when communicating with children
- ✓ Talk to a child on his or her level

<http://www.aap.org>  
<http://www.ed.gov>