

Get started with these 5 questions

When life brings new and unexpected changes, it's normal to feel anxious. Whether it's having to find a new job, family responsibilities, balancing more work assignments or the uncertainty of everyday life, you may be feeling overwhelmed, down, stressed and not like yourself.

Whatever you may be facing, you're not alone. It might be worth talking to someone who can understand what you're going through and help you manage life or regain control.

Here are **5 mental health questions** to ask yourself every day:



1 How am I feeling today (both mentally and physically)?

Some mental health conditions can manifest as physical symptoms like headaches, stomachaches or dizziness, so check in with yourself on how you're feeling mentally as well as physically.



2 What's taking up most of my headspace?

Tune in to what seems to be most on your mind. Is it the project at work? That tough conversation with your partner? What to make for dinner?



3 When did I last eat a full meal?

Proper nutrition is key to caring for your mental health, but low appetite can also be a sign of an underlying mental health condition like depression.



4 Am I tired?

If the answer is "yes," consider rescheduling your evening plans to prioritize sleep instead. Lack of sleep can affect your sensitivity to negative emotions, among other things.



5 What can I do today that will bring me joy?

Set appropriate boundaries with work and family obligations so you can make time for an activity that's only about your self-care and personal enjoyment.

Other helpful self-care tips that anyone can explore from Dr. Desreen Dudley:



Pay attention to how you are thinking and feeling

Journaling can help you become more self-aware and find perspective.

Maintain your physical health

Nourish your body with regular exercise, restful sleep and a healthy diet. Avoid jitters by cutting out nicotine and sugary energy drinks.



Surround yourself with positive emotional support

Carve out time to connect with family and friends who help lift your spirits.

Pay attention to and manage stress

Relaxation and deep breathing can help you find calm in the moment.



Change expectations

Not everything is a priority – make a list of what's most important and tackle one thing at a time.

Seek mental health counselling and psychiatric care if needed

You don't have to go through it alone. Turn to a mental health professional if you need extra support.



Contact Us Today

If you're dealing with medical uncertainty of any kind, Teladoc Medical Experts can help.

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