

May 2022

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



May is National Mental Health Month

Time to tune into your emotional and mental health.

Mental Health is so important, from how you manage stress to the ongoing feelings around COVID-19. It's ok to sometimes not feel like you are ok, or that you can juggle it all. This is a normal part of being a human. In order to get your balance back, try some of these tips:

- **Slow it down.** Practice deep breathing or yoga helps with mindfulness and living in the present.
- **Focus on the good.** End the day by writing down (or telling someone) at least one thing you are grateful for – gratitude has been linked to a more positive outlook.
- **Ask for help when you need it.** If you are feeling sad more days than not, it may be time to see a mental health professional who can help you talk through your feelings.
- **It's also ok to say 'no'** if you feel stretched too thin and need to reset to focus on what matters most to you (time with kids, pursuing a hobby, etc.).
- **Give back** by focusing on people in your community.
- **Don't skimp on sleep.**

The Clinic will be closed on Memorial Day

Just a reminder, even though Ralph Lauren is opened on Memorial Day, May 30, 2022, the Clinic will be closed.



For urgent needs, please go to the nearest Emergency Department.

Preventing Burnout: Accepting Limitations and Embracing Strengths

We've all had the experience. Being woken up by an alarm on Monday morning, followed by feelings of dread, anxiety, frustration, or hopelessness. What happens when that feeling on Monday occurs every day? Burnout. Burnout is defined by psychological and physical symptoms that occur when we have endured prolonged or chronic stress.



In this webinar with your onsite counselor, Nathan Blanke, you will learn how to identify burnout and the symptoms that are associated. You will discover how to accept your limitations and embrace the innermost strengths that allow you to feel confident and courageous. Most importantly, you learn about establishing better habits, boundaries, and relationships that will help you prevent burnout.

Mark Your Calendars for May 25, 2022, from 11 am to Noon

Copy and paste this information into your calendar:

One tap mobile: US: +13126266799,,95425595609# or
+16468769923,,95425595609#

Meeting URL: <https://ralphlauren.zoom.us/j/95425595609?pwd=UmlsY3VRS1dNUVNWZzc1b0ZqREVuZz09&from=addon#success>

Meeting ID: 954 2559 5609

Passcode: 230671

Counseling with Nathan Blake, CFBPPC, LCAS

Living with mental illness is not easy. It's a consistent

problem without a clear solution. People experiencing mental health conditions need consistent support. Nathan Blake, Counselor for Ralph Lauren employees and dependents, is here to help you. Nathan's services are part of the Onsite Clinic and are free to employees and dependents.

You can now book an appointment directly with Nathan at RalphLaurenNCWellness.com or 336-416-3623.



Appointments available on Tuesdays at HPD and Thursdays at NC66, 8 am - 5 pm.

Book An Appointment at the Clinic

Wellness Website

myWakeHealth



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