



Your Mental Health In the Workplace



Your mental health on the job matters. Stress and burnout are key contributors to workplace mental health problems. Identify common signs of work-related stress and know where to seek help.

Common Early Signs of Stress

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| → Irritation or anger | → Nervous or anxious | → Tired or burned out | → Sad or depressed |
| → Lacking motivation | → Having trouble sleeping | → Having trouble concentrating | → Overwhelmed |

Work-related Factors Can Impact Your Mental Health

- Financial concerns
- Taking care of your personal and family needs
- Managing a different workload
- Feelings that you are not contributing enough
- Uncertainty about the future
- Learning new communication tools and dealing with technical difficulties
- Adapting to a new workspace and/or schedule

Improve Your Mental Health and Manage Job Stress

Identify things that cause you stress and work to identify solutions.

- Explore your health plan benefits
- Ask about how to access mental health resources in your workplace

Identify what you do and do not have control over. Do the best you can with the resources available to you.

Increase your sense of control by developing a consistent daily routine whenever possible.

Take breaks from watching, reading, or listening to news stories, including social media.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Support is Available

Call your primary care doctor or health plan to get help if your mental health is causing you continued distress and affecting your daily life. Virtual care options may be available too. Our Care Team at RGA of Idaho is here for you.

Contact us by calling the Customer Care number on the back of your Member ID card.

If you or someone you know is in immediate distress or thinking of hurting themselves, call 911 or go to the nearest hospital.

These guidelines are provided by the Center for Disease Control and Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit accessrga.com to log in to your RGA of Idaho account or if you have any questions, contact our Customer Care Team using the number on the back of your Member ID card.

Content Sourced from OSHA <https://www.osha.gov/workplace-stress/understanding-the-problem> and MHA <https://www.mhanational.org/work-life-balance>