

Go for it

Be brave

May 2019 Newsletter

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Have you ever heard of FOMO? It's "fear of missing out" — and you may be experiencing it from social media. **Learn how you can conquer your FOMO...**



As we and our loved ones grow older, mental health needs special attention since it impacts overall wellness. **Read more about caring for yourself and older people in your life...**



It can be hard to know what to say — *and not say* — to someone who's depressed. **Learn some tips on how to talk to someone who's depressed...**



After you have a baby, it can be a wonderful, exciting time. But many women feel stressed, anxious, and sad. **Watch this video to learn more about postpartum depression...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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Social media and your emotions



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Have you ever heard of FOMO? It's "fear of missing out" — and you may be experiencing it from using social media. That's right: Social media can affect your emotions. It may make you feel lonely, anxious and sad.

How? While social media connects you to other people, it can also cause you to compare your life to the lives they share online. When you see posts of friends at a party, you may feel left out. If you see someone's vacation pictures, you may wonder why your own vacations don't seem that great.

Feeling "less than"

Social media can leave you feeling as if your life is less exciting, less romantic or less successful than other people's. You may think you're missing out. That's FOMO.

Social media isn't reality

It's important to realize what you see on social media isn't always reality; it's simply what others choose to share. You can have FOMO if you start to believe that other people's lives really are all parties, beaches, romance and good times.

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Ways to conquer your FOMO

Help yourself overcome FOMO by:

- Limiting your time on social media
- Connecting with people by getting together in person
- Appreciating what you have in your own life rather than comparing it to what other people post online

You can beat FOMO. Just tune out of social media more often and tune into the pleasures of your own life.

Mental health and older adults



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Many people think of the older years as a simpler, easier time of life. And there are surely many pleasures to enjoy. Elders may have the joys of grandchildren, travel, taking up new hobbies and a more relaxed pace.

However, older people can also face hardships. And these can impact their emotional and mental well-being. For example:

- They might suffer losses of loved ones.
- They may retire and lose both income and identity.
- Many have to leave their lifelong homes.
- They may misuse alcohol or substances to escape their feelings.
- They can develop illnesses that require them to take several medications. Some of these illnesses can cause physical and mental changes. The same goes for the medications. It can be hard to tell if an older person's symptoms are from illness, medication or emotional problems.

Older peoples' mental health needs

In a society that places so much importance on youth, change and novelty, elders can feel irrelevant. Yet they still often have much to contribute.

Elders can find ways to feel productive, necessary and important. For instance, they can mentor, teach and find other ways to share their lifetime experience.

Caring for yourself and the older people in your life

Aging has its challenges. As we and our loved ones grow older, mental health needs special attention since it impacts overall wellness.

May is Mental Health Awareness Month, so now's a good time to get informed and be proactive. For more reading and information, visit [A Place for Mom](#) and the [National Institute of Mental Health](#).

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Talking to someone who is **DEPRESSED**

It can be hard to know what to say — and not say — to someone who's depressed. Here are some tips:

Avoid saying:

"Snap out of it."

"I know just how you feel."

"Aren't you grateful for all you have?"

"It's all in your head."

"You're strong enough to handle this on your own."



Do say:

"I'm here for you."

"Have you told your doctor how you feel?"

"It's ok for you to feel this way."

"Do you have any thoughts of suicide?"

"There's hope and help for you."



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