

HOW TO SUPPORT MENTAL HEALTH AT WORK

UNDERSTANDING MENTAL HEALTH: A SOMATIC PERSPECTIVE

Specialized Support
for Somatic and
Mental Well-being



- 1 Recognize the Mind-Body Link.



- 2 Incorporate Movement-Based Breaks.



- 3 Open Conversations About Stress.



- 4 Promote Somatic Self-Care Practices.



5

Foster a Healthy Work-Life Balance to Promote Mental and Physical Well-being.



6

Create a Feedback System to Enhance Mental Health and Wellness Initiatives.



BACKGROUND

Somatic mental health connects emotions and physical sensations. Stress can manifest as tension, fatigue, or pain. Addressing these cues fosters holistic well-being.

OUR PHILOSOPHY

Mental and physical health are linked. Practices like mindfulness, movement, and self-awareness build emotional resilience and wellness.

HOW CAN YOU GET HELP?

- Recognize physical signs of stress.
- Practice mindfulness and gentle movement.
- Seek professional or group support for somatic wellness.

GET IN TOUCH

MOBILE NUMBER:

+1 325-245-0141

