



## **Your mental wellbeing matters**

Your mental wellbeing is just as important to your health as staying physically healthy, but because the negative psychological symptoms aren't as obvious, they're more difficult to spot. If you've been feeling more anxious, depressed or lethargic than usual, it may be time to check stressors in your life and to find out how to manage them.

### **We help you manage your mental health**

Manage your mental wellbeing effectively with Bankmed's help, by completing quick and easy assessments on your psychological wellbeing, stress triggers and social support. You'll receive valuable health advice, as well as an onward referral to your Employee Wellness Programme or GP if you are at risk. There are three types of assessments:

#### ***Psychological wellbeing assessment***

Psychological wellbeing is not just the absence of mental illness. This assessment will give you a good idea of your state of mind (your levels of positive or negative emotions) too.

#### ***Social support assessment***

Studies have shown that social support is one of the best defences against the negative effects of stress. This assessment will help you understand the strength and sources of any social support you have, and how best to manage stress.

***Stressor assessment***

Sustained stress can be incredibly harmful to your overall wellbeing. This assessment will help you identify and understand stressors (challenges or situations that place a physical or mental demand on you) as well as your reactions to these stressors. At the end of the assessment, you will receive personalised results to help you cope better.

Those at risk will have the opportunity to be referred to their Employee Wellness Programme or GP. Log in to [www.bankmed.co.za](http://www.bankmed.co.za) and click on 'My World' to complete your Mental Wellbeing Assessments for 2017.

