



## Addressing Mental Health As Women in Leadership

# RESOURCES GUIDE

Mental health issues are extremely common. According to the National Institutes of Health “nearly one in five U.S. adults live with a mental illness (51.5 million in 2019). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate to severe.” Despite how prevalent these experiences are, people still believe there is inadequacy when you mix struggling with mental health and being in leadership-- but they’re wrong.

What any good leader needs is a strategy for how to manage their mental health while serving in their role. Choosing to seek professional help to overcome life challenges and address mental health can be a difficult decision. It takes courage to seek help. Many who seek help overcome life challenges and find better ways to manage mental health symptoms. It is important that you access mental health care when needed. If you are unsure where to start, consider the following tips and resources provided below.

If you are passionate about policies surrounding mental health and access to care, consider [running for office](#). Visit [She Should Run](#) to view [How You Can Influence Mental Health in America](#).

## 10 TIPS TO BOOST OUR MENTAL HEALTH

*(from <https://www.mhanational.org/31-tips-boost-your-mental-health>)*

### **1. Practice gratitude & achievement daily with a journal / Send a thank you note**

Include 3 things you were grateful for and 3 things you were able to accomplish each day. Send a thank you note to let someone know why you are grateful for them. Written expressions of gratitude are linked to increased happiness.

### **2. Work your strengths and Smile**

Do something that you are good at to build self-confidence and smile. Smiling is not always the easiest thing to do, but smiling can help to lower your heart rate and calm you down. Go ahead, give it a try!

### **3. Experiment**

Try out a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

### **4. Sometimes, we don't need to add new activities to get more pleasure.**

We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

### **5. Take time to laugh**

Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

### **6. Spend time with a furry friend**

Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. Don't have a pet - hang out with a friend who does or volunteer at a shelter.

### **7. Take a walk in nature / Exercise**

A stroll in the park, or a hike in the woods, research shows that being in nature can increase energy levels, reduce depression and boost well-being. Being active not only gives you a sense of achievement, but it eliminates low mood, anxiety, stress and feeling tired and lazy.

### **8. Show some love to someone in your life / Do something kind**

Close, quality, relationships are key for a happy, healthy life. Doing a random act of kindness doesn't just benefit other people, it benefits you.

### **9. Practice forgiveness**

People who forgive have better mental health and report being more satisfied with their lives.

### **10. "Anyone who has never made a mistake has never tried anything new." -Albert Einstein**

Try something outside of our comfort zone to make room for adventure and excitement in your life.

## HELPFUL LINKS

### [National Alliance on Mental Illness \(NAMI\)](#)

The National Association of Mental Illness is the largest nationwide mental health advocacy grassroots organization with hundreds of state organizations, affiliates and volunteers. It is a hub for support groups, free education, raising awareness and building community.

### [Mental Health Resources \(MHR\)](#)

This nonprofit provides community-based mental health services to adults, especially those suffering medical, social or substance-related comorbidities.

### [American Psychiatry Association](#)

The American Psychiatry Association is the largest professional membership organization of psychiatrists in the world. The APA website hosts “Let’s Talk Facts” brochures on a range of illnesses, professional resources for psychiatrists, psychiatric residents and medical students.

### [American Psychological Association — Sexual Orientation and Gender Identity](#)

The American Psychological Association’s Help Center on Sexual Orientation’s website provides research and information on mental health issues surrounding sexual orientation.

### [MindWise — Military and Family Screenings](#)

Military Pathways is a site created by Screening for Mental Health and the Department of Defense that allows military members and their families to take free, anonymous mental health or alcohol self-assessments. Completion of the assessment directs users to referral information for Department of Defense and Veterans Affairs services.

### [National Institute of Mental Health \(NIMH\) — Women and Mental Health](#)

The National Institutes of Health’s Women and Mental Health index contains information, research and publications about women’s mental health.

### [World Health Organization \(WHO\) — Gender and Women’s Mental Health](#)

The World Health Organization website contains a section on global mental health as it relates to issues of gender and gender disparity.

# HOTLINES

## [National Suicide Prevention Lifeline](#)

This is a confidential, toll-free, 24-hour suicide prevention hotline. Call 1-800-273-TALK (8255) to receive counseling and local referrals.

## [Safe Horizon](#)

Sexual assault prevention and awareness organization Safe Horizon provides a hotline for domestic violence victims, sexual assault victims and crime victims to receive 24/7 free crisis counseling and safety planning. Visit the website for hotline numbers.

## [Crisis Text Line](#)

Text "MHFA" to 741-741 to speak with a compassionate, trained crisis counselor, a volunteer who has been trained to help with problem-solving and will address the caller's situation.

## [Teen Health & Wellness](#)

A list of hotlines for teens facing issues ranging from bullying and abuse to drugs and eating disorders. Visit the website for hotline numbers.

## [National Domestic Violence Hotline](#)

The National Domestic Violence Hotline provides 24/7 counseling and support to victims of domestic violence and abuse at 1-800-799-SAFE (7233).

## [Veterans Crisis Line](#)

The Veterans Crisis Line provides confidential help for veterans and their families at 1-800-273-8255.

*Disclaimer: The content provided in this document is not intended to be a substitute for professional advice, medical diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health providers with any questions you may have regarding your condition. If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you are having suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time. If you are located outside of the United States, call your local emergency line.*