



FOR
YOUR OWN
GOOD

THE MANUAL FOR
BETTER MEN'S HEALTH

BY
EL CAMINO HOSPITAL



DON'T SUFFER IN *SILENCE* — **MENTAL HEALTH *IN MEN***

Men have a lot to live up to. They're supposed to be strong, flexible, on top of every situation and emotionally available — all at the same time.

With demands like those, it's not surprising that many men feel stressed out — at home, at work and even with friends. Combine that with difficult life events like relationship breakups, job loss and illness, and the outcome can manifest itself in symptoms of anxiety, depression and other mental health conditions.

For many men, talking about these feelings can be difficult. Consider this option: Look to a professional to help you find a path to wellness.

CHECK YOUR WARNING LIGHTS



Symptoms of a mental health condition often begin gradually and may be hard to recognize. That makes it important to pay attention to these warning signs:

- Changes in appetite.
- Changes in normal sleep patterns.
- Trouble concentrating or making decisions.
- Feeling sad or hopeless.
- Excessive worry.
- Abuse of substances including alcohol, prescription medication or illegal drugs.
- Unexplained physical symptoms such as regular headaches, or back or stomach pain.
- Withdrawal from regular activities such as work or social events.
- Thoughts of suicide or self-harm.

Left untreated, prolonged stress and anxiety can raise your risk for other chronic health conditions, such as Type 2 diabetes, high blood pressure, heart disease or heart attack.

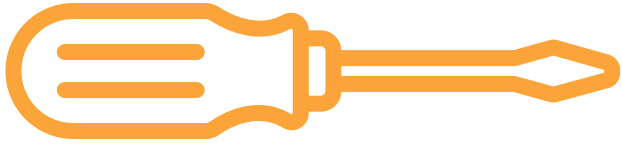
MENTAL HEALTH STATISTICS

Men with depression usually get better with treatment, but most of them don't get the help they need. Consider these statistics:

- Men die by suicide more than three times as often as women.
- The rate of suicide is highest in middle age, Caucasian men in particular.

(Source: American Foundation for Suicide Prevention)

Prolonged stress and anxiety that is left untreated can raise your risk for other chronic health conditions. These conditions include type 2 diabetes, high blood pressure, heart disease or heart attack.



DO YOUR OWN MAINTENANCE

Too much stress can throw a monkey wrench into anyone's life. But you can use some do-it-yourself strategies to keep it at a minimum. For starters, take some time to figure out what your stressors are. [El Camino Hospital's Stress Trigger Assessment](#) can help with that.

You can't eliminate all the stress in your life. In fact, small doses of stress can keep you alert and help you accomplish tasks. To keep your stress at a manageable level, try these stress-busting tips:

- **Get regular exercise.** Being active can boost your mood and reduce your risks for physical and mental health conditions. Try to get at least 30 minutes of walking or other exercise every day.
- **Step into nature.** Walking or spending time in a natural setting can minimize stress and negative thinking.
- **Prioritize your day.** Decide what you need to accomplish and what can wait, then set goals to get the important tasks done. Practice saying "no" to prevent being overworked.
- **Take time for yourself.** Schedule time in your day for something that relaxes you, such as listening to music. Keep an open mind about activities like prayer, meditation and yoga, which can be important coping strategies against stress.

- **Get enough sleep.** Adults need seven to nine hours of sleep a day. Prioritizing sleep will help your work, relationships and even your sex life — all important factors in mental well-being.
- **Eat well.** Studies are increasingly showing that diet is as important for mental health as for physical health.
- **Stay connected.** Keep in touch with friends, family and other folks you feel comfortable with. Emotional support and friendship are important for good mental health.
- **Check in with your doctor.** Getting troublesome physical symptoms checked can ease your mind — so can having regular screening tests.



MAKE A LIFESAVING CALL

If you or a loved one is having thoughts of suicide, call the toll-free [National Suicide Prevention Lifeline](#) at [1-800-273-TALK](#) (8255), 24 hours a day, seven days a week. All calls are confidential.



HOW THE PROS CAN HELP

For many men, taking the steps to find someone you trust can be overwhelming and can often fall to the bottom of the priority list. But would you keep driving a car if its temperature gauge were climbing into the red?

The fact is, getting counseling can be the smartest step you can take. Many mental health conditions can be treated effectively with talk therapy, medications or a combination of both.

Men who get counseling learn to:

- Change behaviors that are causing problems.
- Learn new skills to face challenges and move forward.
- Set healthy goals.
- Develop problem-solving skills.
- Heal relationships.
- Increase confidence.
- Deal with anger, grief, fear and other strong emotions.

When you make the move to see a counselor, commit to being an active partner in your therapy. Think about what you want to achieve, and let your counselor or therapist know your goals. Be open and honest about your symptoms and behaviors, and be willing to consider making changes.

PERSONALIZED CARE AT EL CAMINO HOSPITAL

Your path to wellness can start with a free mental health assessment at El Camino Hospital Mental Health and Addiction Services — call [866-789-6089](tel:866-789-6089) to make an appointment. Intensive outpatient programs at El Camino Hospital are a resource for individuals who are experiencing significant symptoms of a mental health condition. You'll be treated with respect and compassion, and you'll get the [specialized services](#) you need for your specific concerns. Mental health experts at El Camino Hospital work as a team to treat those who are in crisis or need intensive outpatient care for conditions including:

- [Anxiety disorders](#), such as obsessive-compulsive disorder, post-traumatic stress disorder, phobias and panic disorder.
- [Mood disorders](#), including depression and bipolar disorder.
- [Thought disorders](#).
- [Substance-use disorder](#).



Get help from the best. You'll get advanced treatments and comprehensive care for [mental health](#) at El Camino Hospital's Mental Health and Addiction Services. Call [866-789-6089](tel:866-789-6089) for an appointment to get started with expert, confidential care.

ONLINE RESOURCES *FOR* MEN'S HEALTH

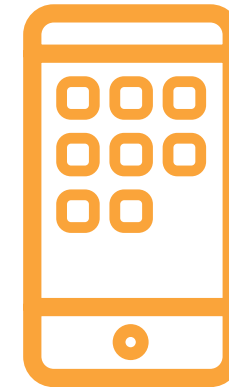
USE THESE RESOURCES
TO LEARN MORE ABOUT
STAYING HEALTHY

MENTAL HEALTH

Men and Stress. Does stress affect men and women differently? Absolutely — and in ways that may surprise you.

Men: Are You Ignoring Your Stress? Stress impacts everybody at one time or another. Find out what symptoms are most common in men.

Men: Could You Be Depressed? Learn about depression and how it's treated.





El Camino Hospital[®]
THE HOSPITAL OF SILICON VALLEY

800-216-5556

www.elcaminohospital.org



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