

## Redefining Strength: A New Approach to Men's Mental Health

In commemorating May as Mental Health month, it's important to address a topic that is often overlooked: men's mental health. Historically, conversations around mental wellness have overlooked the unique challenges men face, from societal expectations to biological factors that can impact their mental state. This oversight not only perpetuates stigma but also creates barriers to seeking and receiving the support so crucial for well-being.

### The Unspoken Challenges of Men's Mental Well-being

Men face a challenging mix of mental health issues shaped by societal expectations and biological influences. Understanding these challenges is the first step towards dismantling the barriers they create:

1. **Stigma and Social Expectations:** The common belief that being emotionally strong means not showing feelings often stops men from opening up about their mental health issues and seeking help. This stigma is a big hurdle in the journey toward better mental wellness.
2. **Changing Views on Masculinity:** As ideas about what it means to be masculine change, many men find themselves caught between sticking to old standards and embracing a new understanding of showing vulnerability as a strength.
3. **Testosterone's Influence:** Testosterone plays a big role in controlling mood and energy, and changes in its levels can affect mental health. The decrease in testosterone that comes with aging can make these issues worse.
4. **Concerns with Aging:** Challenges such as retirement, worsening physical health, and changes in social roles can affect men's mental health in unique ways as they get older.



## Steps Toward Improved Mental Wellness for Men

Acknowledging these issues is the first step, but taking action through proven strategies is crucial for improving men's mental health:

1. **Encouraging Open Conversations:** It's essential to create environments where men can talk about their mental health without fear. This can help break down stigma and foster a culture of empathy and understanding.
2. **Improving Knowledge on Mental Health:** Teaching men about mental health symptoms and the importance of getting help early can empower them to act. Making mental health care less mysterious can also make it more approachable.
3. **Making Lifestyle Changes:** Research shows that physical activity, eating well, getting enough sleep, and staying socially active are key for mental health. Small lifestyle adjustments can make a big difference in how men feel.
4. **Getting Professional Assistance:** It's important for men to seek counseling, with services that cater specifically to their needs. Personalized mental health care is more supportive and effective.
5. **Using Mindfulness and Managing Stress:** Practices like mindfulness and meditation can be especially helpful for men in handling stress and boosting their mental health.

## EAP: Your Support for Mental Health

Asking for assistance with mental well-being is a sign of strength, not weakness. The Life Advisor Employee Assistance Program (EAP) is here to offer support and confidential counseling to you or your loved ones facing mental health challenges. The Life Advisor EAP is a great resource for dealing with life's challenges. Call us at **800-448-8326** for help. Remember, asking for help is a big step toward a healthier, more satisfying life.

By promoting open conversations, education, and personalized mental health care, we can advance men's mental health. Let's work together towards a culture of empathy, understanding, and resilience.

**For more information, tools, resources, or app information, call your  
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short term counseling  
for you & your family.**

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