



# Men's Mental Health Tips & Resources

In 2023, a survey from Cleveland Clinic found that 44% of men believe they live a healthy lifestyle, but don't prioritize their mental health. In that same survey, 65% of men said they hesitate to seek professional help for mental health concerns like stress, anxiety, and depression. Ignoring mental health can lead to larger issues including addictive behaviors, chronic pain, digestive problems, sleep disorders, heart disease, stroke, weight gain or loss. Men have historically been told that seeking help is a sign of weakness. **That ends now.**

Much like cars and machinery, our bodies need routine check-ups and to be refueled to ensure functionality. Acknowledging and talking about mental health is an important first step to caring for your mental health. Join us this November and beyond as we bring awareness and encourage action to Men's Mental Health. Below are some tips for men to take care of their mental health starting today.

## 1. Validate your emotions

Many men grew up hearing that boys don't cry or that feelings are for girls. But you're a living, breathing, feeling human, and you have the emotions of one, too! Spend some time learning about emotions then you can work to identify yours as you feel them - and accepting them as valid.

## 2. Recognize the symptoms

You may not always realize when you're struggling, especially when you are not used to caring for your mental health. Signs to watch for include changes in sleep patterns, difficulty concentrating, mood swings, fluctuating energy levels, and changes in appetite, which may indicate stress or anxiety.

## 3. Write about it

Simply writing how you are feeling is a private act, just for you with no judgement or grading. If you're not sure where to start, try keeping a gratitude journal.

## 4. Identify your support system

Reflect on who you feel comfortable talking to and who would support you. If discussing mental health seems difficult, change your perspective and encourage open communication. Share your experiences with friends and invite them to do the same.

## 5. Make time for friendships

Are you carving out time for your friends? Making time for friendships matters. Whether you find activities to do together, like working on a project or going for a run, or hang out to watch the game or a bonfire, spending time with friends is a crucial element of your mental health and well-being.

## 6. Identify unhealthy coping mechanisms

Reflect on unhealthy coping mechanisms like excessive work, drinking, impulsive spending, or gambling. If manageable, try to reduce them and adopt healthier alternatives. If you are struggling with addiction or cannot control your behaviors, acknowledging the issue is the first step toward change. To get started, speak to your health provider, look for a therapist or contact 988.

## 7. Embrace healthy hobbies

Hobbies can help to give your brain a break from the stressors of everyday life while allowing you to tap into your creativity and self-expression. Consider this your permission slip. Haven't picked up your guitar in years? Want to try woodworking? Have a backyard full of feathered friends? The possibilities are endless!

For more information, free resources, and a free and anonymous mental health check-up, Visit [www.EastersealsMORC.org](http://www.EastersealsMORC.org)

Source: [Cleveland Clinic Tips for Taking Care of Men's Mental Health](#)



# Men's Mental Health Tips & Resources (cont.)

## 8. Harness your breath

Breathwork can help move your body into a more relaxed and stress-free state. Imagine that your body is a house, and your breath is its foundation, keeping everything else stabilized. Focusing on your breath, helps prevent and even repair cracks in the foundation. Breathwork is also the basis of meditation, a practice that involves focusing or clearing your mind using a combination of mental and physical techniques. Using an app or finding videos to guide you through breathwork and meditation is often helpful if you're new to these practices.

## 9. Move your body

When you're down in the dumps, sometimes, the last thing you want to do is sweat. However, it's one of the best things you can do for your body and mind! Exercise can help by boosting endorphins, relieving pain and reducing stress. Carve out time to go to the gym, go for a walk or something at home!

## 10. Tend to your physical health

Untreated mental health issues can lead to physical health problems like weight gain and weakened immunity. On the other hand, maintaining physical health through good nutrition and exercise supports mental well-being. Regular wellness exams with a primary care doctor also help identify hidden health issues before they escalate.

## 11. Seek professional support

You deserve to talk to someone who has the time, energy, and capacity to listen to what you are going through and help you manage it. If you're struggling with the stigma associated with going to therapy, you're not alone. But take a moment to imagine how freeing it would feel to be able to share exactly what you are thinking. That's what therapy and professional support can provide.

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## RESOURCES

### What is therapy like?

- Free resource from our friends at the Cleveland Clinic

### Free and anonymous mental health check-up

- Take a general mental health screening by answering a few simple questions or check-in with a more specialized screening like gambling habits, mood changes, substance use, etc.

### Call, text or chat online with the 988 Lifeline

- The 988 Lifeline is for everyone and is available 24/7/365. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, 988's caring counselors are here for you. You are not alone. Call or text 988 or visit [988lifeline.org](https://988lifeline.org) to receive free and confidential support.

For more information and to browse additional free resources,  
**Visit [www.EastersealsMORC.org](http://www.EastersealsMORC.org)**

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