

Mental Health

Upcoming Event

Stress Less, Live More

Everyday Strategies for Living and Working Under Pressure

May 7, 2025 | 12:00 PM – 1:00 PM | MPR Floor -2

Lunch will be served at 12:00 PM, followed by the presentation from 12:15 PM to 1:00 PM.

You can attend in person at the MLP Multi-Purpose Room or join virtually.

Don't miss this opportunity to learn practical stress-reduction strategies from Jonathan Kahn. In this session, you'll discover techniques to manage stress at work, balance life as a new parent and care for aging loved ones.

Click [Here](#) to Sign Up Now!

More Events on the Horizon



New York MWC
Skin Screening
June 3 & 4, 2025



Miami MWC
Skin Screening
June 4, 2025



New York MPR
Colon Cancer Lunch and Learn
June 11, 2025

The Hidden Impact of Mental Health on Performance



In the relentless pace of modern life, a critical factor often goes unnoticed: the profound connection between mental health and workplace productivity.

What many leaders and employees don't realize is that mental well-being isn't just a personal issue—it's a fundamental driver of organizational success.

The Physiological Puzzle of Stress

When you exercise, your body releases endorphins—natural mood enhancers that effectively combat stress and anxiety. But the benefits don't stop there. Regular physical activity promotes restorative sleep patterns, sharpens focus and enhances mental clarity—all critical elements for peak professional performance.



How Mental Health Challenges Derail Productivity

The impact is both subtle and significant. Consider these key areas where mental health directly influences workplace effectiveness:

Concentration Complications

Anxiety creates mental static, disrupting focus and leading to increased errors and slower task completion.



Innovation Interruption

Chronic stress stifles creativity, transforming complex problem-solving into an overwhelming challenge and diminishing organizational innovation.



Motivation Meltdown

Perhaps most insidious is how prolonged mental health challenges lead to burnout. What begins as occasional distraction can evolve into complete disengagement, transforming once-passionate employees into mere clock-watchers.



Your Comprehensive Path to Mental Wellness

Our integrated wellness team offers a 360-degree approach to mental health

Nurse Practitioners: Your Mental Health Allies

Our nurse practitioners provide comprehensive support through:

- Personalized mental health assessments
- Targeted medication management
- Counseling and lifestyle guidance

Chiropractic Care: More than Spine Alignment

Beyond traditional adjustments, our chiropractors target the nervous system to alleviate physical stress. By reducing muscle tension and improving body alignment, they help:

- Decrease stress-related physical symptoms
- Enhance sleep quality
- Stimulate natural mood-boosting endorphins

Physical Therapy: Healing Through Movement

We recognize the profound mind-body connection. Our physical therapists help you:

- Reduce pain-related stress
- Restore physical functionality
- Improve overall emotional well-being

Exercise Physiology: Transforming Wellness

Our exercise physiologists develop custom fitness programs designed to:

- Combat anxiety and depression
- Reduce stress through targeted physical activity
- Build mental resilience and confidence

We don't just treat symptoms—we create comprehensive wellness plans tailored specifically to you. By addressing mental health from multiple professional perspectives, we empower you to reclaim your vitality and balance.

A Word from Our HSS Affiliate

Your Body's Built-in Stress Reliever



Your parasympathetic "rest and digest" system naturally calms your body and mind when activated.

Simple practices like deep breathing, gentle yoga or mindful nature walks can trigger this powerful relaxation response, reducing stress hormones and restoring balance within minutes.

Click [here](#) to discover more stress-relief techniques

Rehab Corner

Improve Balance with the "Single Leg Sit to Stand"

Are you looking to enhance your balance and strengthen your lower body?

This exercise targets your legs, core, and stability, helping to improve overall movement and reduce the risk of falls.

Click [here](#) to learn how to make it a valuable part of your fitness program!

