

✓ HealthCheck360

# The 5 Cs of Mental Health

May 6, 2026

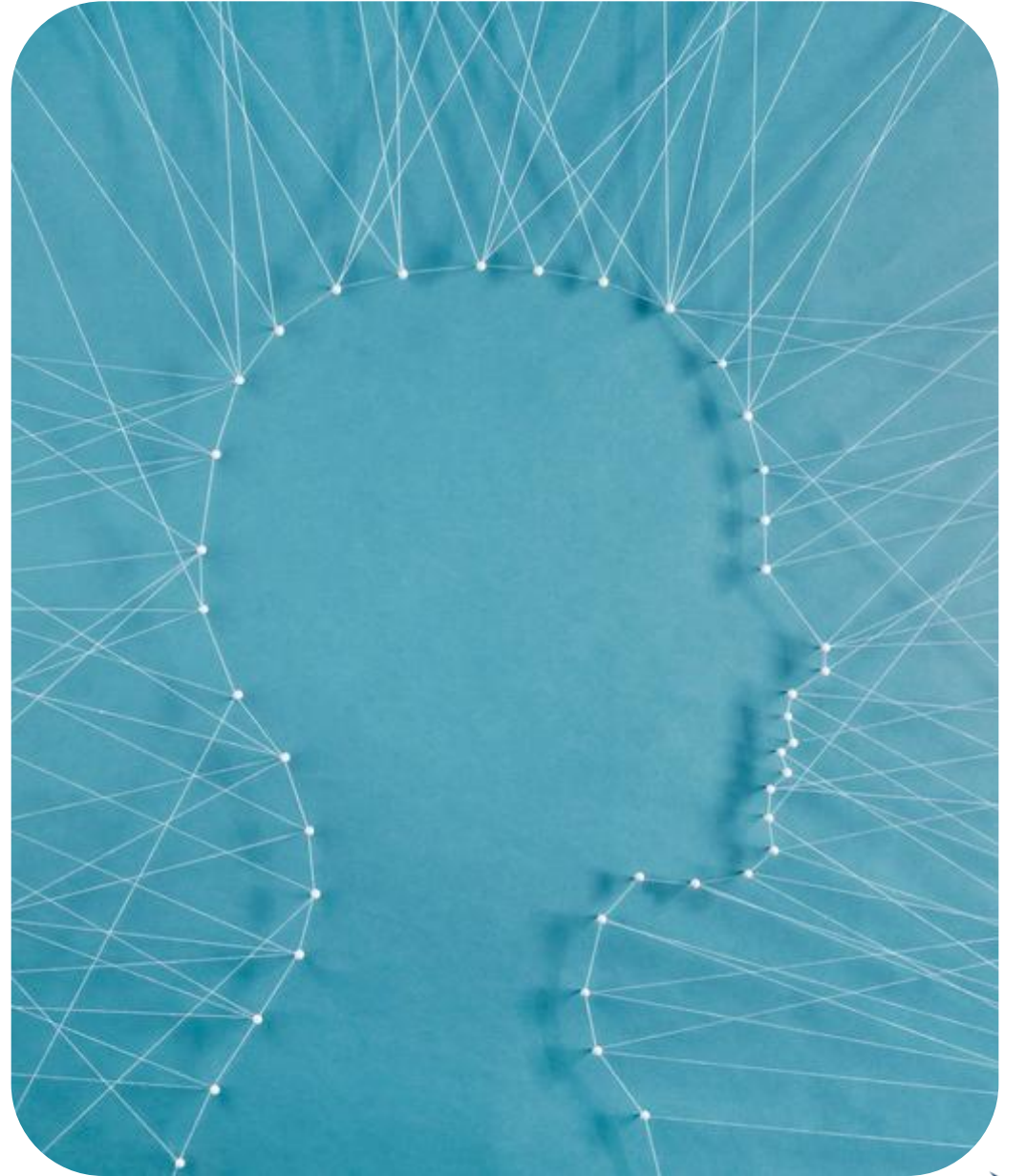
Presented By |  
HealthCheck360



# Agenda

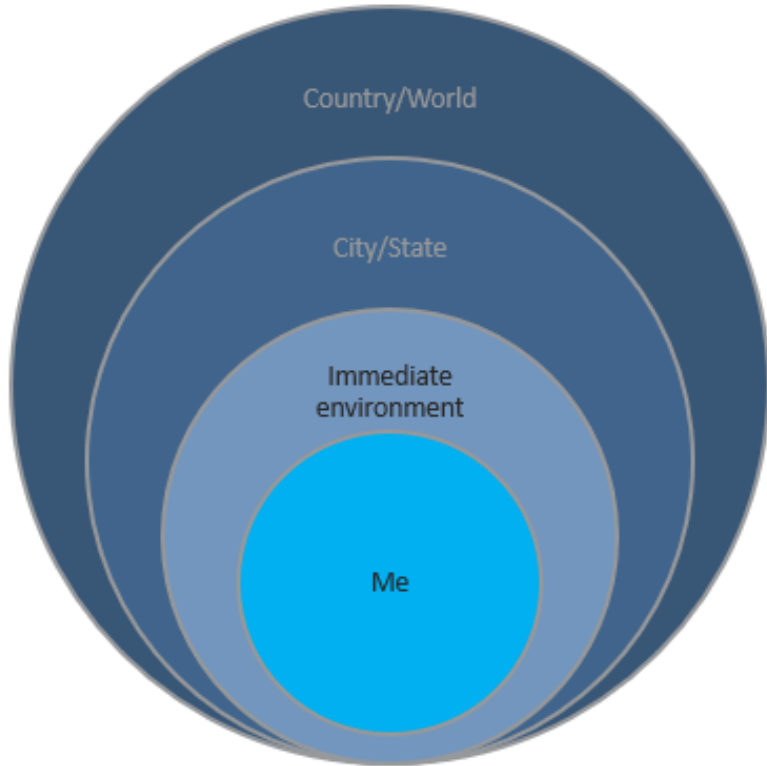
## The 5(+) Cs of Mental Health

- Control
- Confidence/Competence
- Coping
- Compassion/Caring
- Connection



# Control

Feeling a sense of stability is important for mental health. But remember, we cannot control everything.



## Action items

- Control the controllables
  - What can you control in your life and what can you not control?
    - Focus on the things you can control
      - Your daily habits
      - Your attitude



# Confidence/Competence

The belief and ability to deal with challenges, tasks and stresses in life.

## Action items

- Stop comparing
- Set realistic goals
  - Celebrate ALL wins
- Take care of yourself
  - Healthy habits
  - Positive self-talk
  - Self-compassion
- Surround yourself with positive people
- Do things you are good at
- Face your fears
  - But know when to say no





# Coping

Develop strategies to manage stress.

## Action Items

- Create your stress toolbox
  - Breathing
  - Meditation
  - Journaling
  - Healthy Habits
  - Self-care



# Compassion/Caring

Practice compassion for others AND yourself.

## Action Items

- Awareness of other perspectives
  - Be present
  - Be curious, not judgmental
- Practice outwardly expressing compassion
- Treat yourself as a loved one





# Connection

Find your people.

## Action Items

- Ask yourself
  - What's important to you? What are you interested in?
  - What do you need/what can you offer?
  - What type of community are you looking for?
- Explore different types
  - Local
  - Online
- Put yourself out there
- Give it time
- Relationships
  - Communication
  - Empathy, gratitude
  - Making time
  - Boundaries





# Summary

- **Mental health is affected by things you do every day**
- **Find small ways to incorporate the Cs into your life**
- **Progress over perfection**



# Upcoming Webinars

## Seasonal Eating

Discover the benefits of eating with the seasons. Learn how fresh fruits and veggies can energize your body and support sustainable habits.



June 3

## Emotional Intelligence for Better Health

Learn how emotional intelligence can improve your relationships, reduce stress, and enhance your overall health, at work and at home.



July 1

# Lifestyle Rewards



**1. True or False: Having control over everything is the only way to help your mental health.**

- a) True
- b) False

**2. What was one tip mentioned for confidence?**

- a) Set realistic goals
- b) Compare yourself to everyone else

**3. What was one tip mentioned for connection?**

- a) Put yourself out there
- b) If you don't find connection right away, stop trying

**\* If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



# Get in Touch

## Social Media

- [www.facebook.com/healthcheck360](http://www.facebook.com/healthcheck360)
- [www.instagram.com/healthcheck360/](http://www.instagram.com/healthcheck360/)

## Watch past webinars and register for upcoming

- [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)

## Contact a Health Coach

- 1-866-511-0360 or [healthcoach@healthcheck360.com](mailto:healthcoach@healthcheck360.com)





# Questions?

