

MAY
2023

MENTAL HEALTH AWARENESS MONTH

PRACTICAL TIPS FOR EVERYDAY
WELL-BEING

MENTAL HEALTH AWARENESS MONTH WAS ESTABLISHED IN 1949 TO INCREASE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELLNESS IN OUR LIVES, AND TO CELEBRATE RECOVERY FROM MENTAL ILLNESS. MENTAL HEALTH IS ESSENTIAL FOR A PERSON'S OVERALL HEALTH. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

PRACTICE SELF-CARE.

TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.

CONNECT WITH OTHERS.

HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE. YOUR EAP IS AN EXCELLENT FREE AND CONFIDENTIAL RESOURCE. CONTACT US TODAY.

