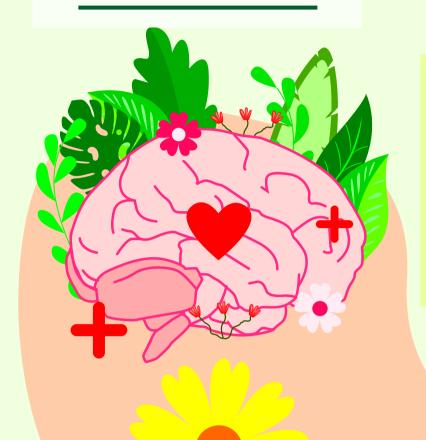
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PRACTICAL TIPS FOR EVERYDAY
WELL-BEING

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 SELFCARE 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.

