

MAY IS MENTAL HEALTH AWARENESS MONTH

7 STEPS TO TAKE CARE OF YOUR MENTAL HEALTH

Get enough sleep, at least 7-9 hours a night.



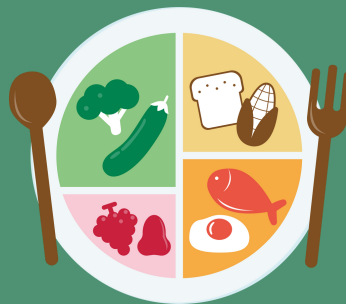
30 minutes of exercise or movement daily



Decrease stressors by setting boundaries



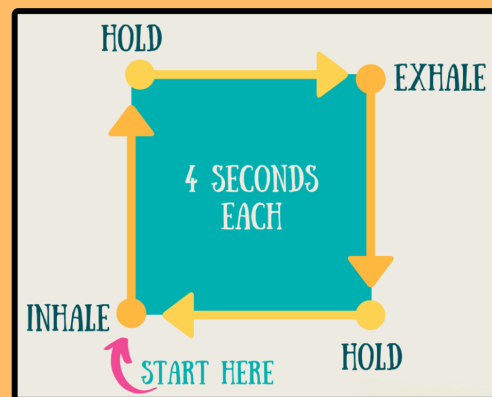
Brain-Healthy Diet



Increase social connections



Develop a self-care plan



Try Box Breathing

Lifestyle EAP is here to help. Reach out if you find yourself struggling.
We are available 24/7/365.
1-800-989-3277

