MAY IS MENTAL HEALTH AWARENESS MONTH

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

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