Wellness ❤️ Wednesday

MENTAL WELLNESS MONTH

Focusing a few minutes every day on enhancing mental wellness can increase resilience, help manage stress, and build on an overall sense of well-being.

January is Mental Wellness Month

1. Develop an Attitude of Gratitude

While every day may not be good, there is something good in every day. Take a moment or two to focus on the good things, and draw your attention away from what might be dragging you down.

2. Set Aside Time to Do the Things You Enjoy

Often, we can become overwhelmed by the things we feel we "have" to do. Set aside some time each day to engage in something pleasant and meaningful to you. Take a walk, hot bath, or practice a hobby.

3. Take a Break From Stress

Take a break from watching the news. Unfollow negative people on social media. Set boundaries in your life, and learn that it's okay to say "no" sometimes.

4. Slow Down

Be intentional with the things that you are doing. Bring awareness into the moment, and really connect.

5. Take Care of Yourself

Exercising and eating well are important steps to help build an overall sense of wellbeing.

6. Ask for Help When You Need It

If you are feeling overwhelmed, seek support, and talk to people who care about you. Ask your HR Department about the EAP program if you need to speak with a professional.