

EMPLOYEE ASSISTANCE PROGRAM

NATIONAL MENTAL HEALTH MONTH

May is National Mental Health Month, a campaign to raise awareness about the importance of good mental health at every stage of life. We all experience challenges and difficulties, but being in a good mental state helps us to bounce back and manage our emotions.

Here are five tips to practice daily to maintain your mental health:

- **Be compassionate to yourself and others.** We all have shortcomings and make mistakes. Pay attention to negative self-talk and self-criticism and try to be as kind to yourself as you would be to a friend.
- **Connect with positive people.** Strong personal relationships are essential for psychological well-being. If you want to increase your social support, take steps to meet new people, reconnect with old friends, and/or join community activities and groups that interest you.
- **Do something that brings you joy.** Take time every day to do something that makes you happy, whether it's working on a hobby, listening to music or playing an instrument, reading a book, or something else you enjoy.
- **Take care of your physical health.** The mind-body connection is real and has a powerful impact on our well-being. Get regular exercise and adequate sleep, and eat healthy, nutritious food. Avoid using drugs or alcohol to cope with stress.
- **Practice gratitude.** Brain scans have shown that when people are instructed to list the things they're grateful for, there is increased activity in the part of the brain associated with happiness. Expressing gratitude on a regular basis reduces stress, improves self-esteem, fosters hope, and increases resilience.

