

Employee Assistance Program

Your resource for help with daily challenges and difficult situations



May Is Mental Health Month

Move for Better Mental Health!

Being active offers numerous benefits for your mental health. In fact, individuals who engage in moderate exercise for 20 minutes a day, 5 days a week, have a 43 percent lower risk of major depression compared to non-exercisers.

Discover activities you enjoy.

It could be gardening in the evening, starting your day with a jog, riding a bike or playing basketball with your children after school.

Seek assistance from your healthcare provider.

They can help you set goals, design a plan that fits your capabilities and offer suggestions tailored to your needs.

Reframe your thinking.

Don't think of exercise as a chore but as a means to improve your overall wellbeing. Anticipate challenges and obstacles, but keep at it to reap the benefits!

For more information about mental health resources, call your Employee Assistance Program at 1-866-EAP-4SOC (1-866-327-4762) TTY: 711 or visit eap.calhr.ca.gov.

Source: Healthwise