



Mental Health is essential to your overall health and quality of life, it includes emotional, psychological and social well being. It's easy to go see the doctor when you are hurt, sick, or need a regular check up, but what about when you are feeling emotionally drained, depressed or anxious? Mental health disorders impact people of every age, race, gender and social status. It's important to acknowledge those internal feelings, and reach out for help.

Self-care plays an important role to help manage stress levels, boost energy, and improve your mood. Here are some self-care tips to help get you started.

Volunteer: helping others can be a positive boost.	Exercise: get up and move your body to release stress.	Gratitude: find things you are grateful for.
Get Rest: give your body time to recharge.	Mindfulness: Breathing techniques, and meditation.	Eat right: how we fuel ourselves plays a big role in our mood.
Spending time with Pets: Helps reduce stress and boosts endorphins.	Connect with family and friends: We are social beings, lean on your support system.	Say NO: Set boundaries and respect your time. Don't overbook yourself.
Join a club: Get around other like minded people.	Get out in Nature: Take in fresh air, sunshine, and re-ground yourself.	Focus on Positivity: change your mindset, and learn to identify negative and unhelpful thoughts.

If you find someone or yourself in a Crisis situation, or having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline at 988, or text "HELLO" to 741741. These services are free, confidential and available 24/7.

To speak with an EAP counselor, please call (402) 398-5566 or (888) 847-4975.