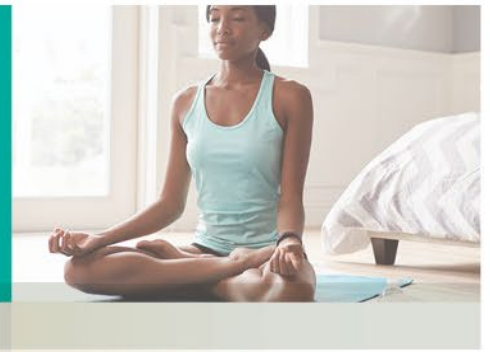


Member Assistance Program

May 2024: Mental Health Awareness Month



MAKE MENTAL HEALTH YOUR PRIORITY THIS MONTH

- **Prioritize Self Care:** Make time for activities that bring you joy and relaxation.
- **Stay Active:** Regular physical activity can boost your mood and reduce symptoms of anxiety and depression.
- **Maintain a Balanced Diet:** Eat nutritious foods that nourish your body and mind.
- **Practice Stress Management:** Identify stressors in your life and develop healthy coping strategies.
- **Stay Connected:** Foster supportive relationships with friends, family, and co-workers.
- **Set Boundaries:** Learn to say no to activities or commitments that drain your energy and overwhelm you.
- **Limit Screen Time:** Reduce exposure to screens, especially before bed.
- **Seek Professional Help:** Reach out to your MAP for mental health counseling and valuable tools and resources to manage your mental health.

Mental Health Awareness Month enhances public consciousness and comprehension surrounding mental health and well-being. We encourage you to take steps to improve your mental health this month.

Your Member Assistance Program is a confidential and free resource available to you 24/7. Don't hesitate to reach out to get support for your mental health journey.

TOLL-FREE: 800-633-3353
WEBSITE: www.mygroup.com
USERNAME: organization specific
PASSWORD: organization specific

