



SHINE A LIGHT ON MENTAL HEALTH

Your mind matters

One in five adults will experience a mental health issue this year. Check in with your loved ones—and with yourself—from time to time. Talking openly about mental health can help eliminate the stigma around it, and it can help those who suffer feel better.

Another known way to improve your emotional wellbeing is by managing stress appropriately. Learn to recognize signs of your body's stress response, get regular exercise, try relaxing activities, set goals and priorities and connect with others.

Quick tips for improved mental wellbeing:

- **Be kind to yourself** and always remember the basics, like good sleep, exercise and nutrition.
- **Focus on what you can control** and set limits to your social media and exposure to the news.
- **Stay connected.** Life's stressors can feel a lot lighter with support from friends and family.
- **Start a mindfulness practice.** It could be as simple as closing your eyes and focusing on your breathing for a few minutes each day.

Support is right at your fingertips

Virgin Pulse and Wespath offer tools and resources to help you manage stress, build resilience and grow your overall well-being. You can even earn points for participating.

Journeys®

Journeys are daily, self-guided courses to help you build healthy habits, and there are plenty of mental health-related Journeys to choose from.

- *Choose a New Attitude*
- *Beat the Blues*
- *Stress Less in 10 Minutes*
- *Three Ways to Lower Stress*
- *Calm Your Mind for Sleep*

Healthy Habits

Healthy Habits can help you keep yourself accountable. Choose the habits that fit your mental and emotional needs and add them to your daily routine or start a Personal Challenge with friends. Here are just a few:

- **Self-care:** Did you choose a self-care activity when you felt worried or stressed today?
- **Gratitude Journal:** Did you write down something you're thankful for today?
- **Change Your Mood:** Did you spot a down mood today and change directions to feel better?

Sleep Guide

A good night's sleep and your mental well-being go hand in hand. So what's your sleep like? Use the Sleep Guide to decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Coaching

Are you ready to get personal support? Connect with an experienced professional to talk about mental health concerns including anxiety and depression. Together, you'll craft a personalized plan to help you meet your goals.

Optum Employee Assistance Program (EAP)

Confidential counseling and support to help manage issues in your personal or professional life. Through HealthFlex you and each of your covered family members have access to **8 free sessions per issue per year**. You can contact the EAP for help with:

- Conflict resolution at work
- **Emotional** impact of living with a chronic or serious illness, or caring for an ailing family member
- Finding childcare or elder care in your community
- Maintaining boundaries between professional life and personal life
- Marital and family satisfaction
- Legal matters, such as wills and adoption
- Stress, anxiety or depression
- Substance abuse
- Financial pressures, including household budgeting and paying off educational loans or other debts

To begin using the EAP, call **1-866-881-6800** or visit www.liveandworkwell.com.

To access Virgin Pulse, log in to your account at virginpulse.com/login

New to Virgin Pulse? Visit join.virginpulse.com/wespath from your web browser to register. Subsequent visits and all well-being information can then be accessed via the web or the mobile app.

