

Nurture your mental and emotional well-being



Mental wellness involves the ability to cope with stressors, have meaningful connections and feel a sense of purpose.



Here are some ideas for building resilience and improving your mental well-being:

Emotional wellness

- Make a list of five things you're grateful for each day.
- Take time for self-reflection, such as journaling for 20 minutes each day.
- Allow difficult feelings to come up — name those feelings and trust that in time, they'll pass.
- Plan and go on an outing or trip — see new things and make memories.

Digital wellness

Cut down on screen time — swap out 20 minutes of daily screen time for 20 minutes of a different activity that recharges you.

Set boundaries around media and news exposure — how much do you need to stay informed and how much is too much?

Social wellness

- Spend face-to-face time with people who are supportive.
- Explore what interests you and take up a new hobby with other people who enjoy it.
- Volunteer for a cause or organization you believe in.

Mind-body wellness

- Find a form of physical activity you enjoy and try to move your body every day.
- Express yourself through drawing, dancing, singing or another kind of art.
- Meditate for a few minutes, either on your own or using a guided meditation.
- Don't fill your entire day with activity — take moments of stillness, spend some time doing "nothing".
- Practice self-care even when it doesn't feel fun, such as making and attending doctor and dentist appointments.

Reach out for help if you're struggling. You can call us any time. Confidential services are available 24/7/365.

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