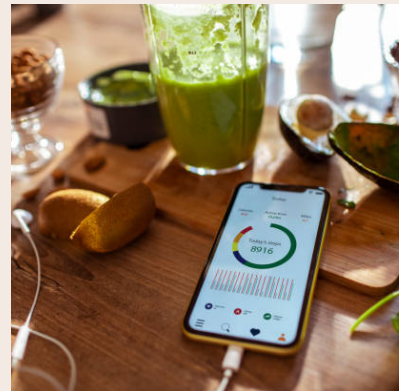

Mental Health Newsletter



January is Mental Wellness Month! This issue features strategies and tools you can use to help manage stress, increase resilience, and focus on your overall wellbeing.

WHY IS WELLNESS IMPORTANT?



Maintaining our health and wellness should be a priority, as they can directly impact how we think and feel. Practicing good mental health can reduce stress, prevent illness, and increase energy. Other benefits include improved moods, clarity, and better sleep. There are several ways to incorporate wellness and self-care activities into your daily life, some of which you may already know!



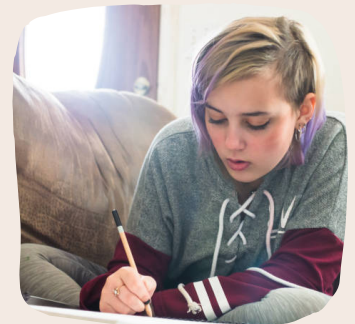
Listening to music has positive effects on the brain and can decrease stress.

Spending quality time with pets is a great way to reduce anxiety and stress.



Physical activity not only reduces stress, but improves memory and promotes better moods.

Whether you like to write or draw, creativity can help boost self confidence.



Sunshine is a great source of Vitamin D, which is a great way to boost your mood and energy levels.

Cooking can help ease stress, and what you prepare can have great benefits to your physical health as well.



SELF CARE IS NECESSARY



HERE'S A QUICK MESSAGE FOR YOUR WELLBEING

Setting aside time to focus on your wellbeing doesn't have to be difficult. You can start by taking a little time each day for a quick break or to engage in something you enjoy. When you start to feel overwhelmed, remember to pause and slow down. You can also do a quick self assessment by asking yourself the following questions:

- How am I?
- What do I need in this moment?
- Is there anything getting in the way of my needs?

Take care of yourself, practice gratitude, and remember that it is ok to ask for help when you need it.

TODAY'S REMINDER

**“A HEALTHY OUTSIDE
STARTS FROM THE
INSIDE.”**

~Robert Urich