



Prioritizing Your Well-Being

May is a time to shine a light on the importance of mental health and the role it plays in our overall well-being. As we recognize Mental Health Awareness Month, it's an opportunity to pause, reflect, and consider what helps us feel supported, balanced, and resilient. Prioritizing mental health doesn't require sweeping changes—small, intentional steps can make a meaningful difference.

Here are a few ways to start:

- Check in with yourself
- Set healthy boundaries
- Move your body
- Stay connected
- Create moments of rest
- Seek support when you need it

Learn more



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

Tips for Prioritizing Your Well-Being This Month

- **Practice daily check-ins:** Take a moment each day to ask yourself how you're feeling mentally, physically, and emotionally.
- **Set healthy boundaries:** Protect your time and energy by saying no when necessary and creating space for what matters.
- **Move your body:** Regular movement can boost mood and reduce stress.
- **Stay connected:** Community and conversation can help lighten emotional load.
- **Create moments of rest:** Schedule time to unplug, breathe, and recharge without guilt.
- **Seek support when needed:** Talking to a counselor or using available resources is a sign of strength, not weakness.

National EAP Can Help

- ▶ **Member Portal Resources:** Explore a rich library of articles, webinars, and tools.



- ▶ **Wysa: Mental Resilience App**

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



- ▶ **Work-Life Resources:**

Support, our resource network is available 24/7.

