



BECK

BECK CARES.

YOUR MENTAL HEALTH MATTERS

A guide to support you and those you care about



Your whole health matters. You visit your doctor when you're feeling sick, and you exercise and eat healthy to keep your body strong. Your mental health is just as important. What do you do to stay healthy mentally? Do you know where you can go when you need help? Regardless if you need assistance with work-life integration or anxiety, there are resources available to help you.

TABLE OF CONTENTS

	PAGE
Improving Your Emotional Wellbeing	4
Healthy Mind with Vitality	7
Apps to Help You Relax & Relieve Stress	8
Free Benefits — BeWell & Financial Wellness	9
Support Through Medical Plan Benefits	11
Free Community Resources	12
Inclusive Mental Health Resources	14
Warning Signs & Conversation Starters	15
Supporting Kids, Teens & Young Adults	17
Social Media Support	22
Family Members & Caregivers	23

IMPROVING YOUR EMOTIONAL WELLBEING

Emotional wellbeing is the ability to successfully adapt to changes and challenges as they arrive and handle life's stresses. These five actions have been shown to improve emotional wellbeing. Even changing just one can bring about positive changes in your life.

1. TAKE STEPS TO DEAL WITH STRESS.

How you react to stress can make a big difference. If you think of stress as a problem, it can make your heart race and your blood vessels constrict – which is why stress is associated with heart disease. However, if you think of stress as an indication to overcome a challenge, you'll feel differently. Your heart may still pound, but your blood vessels will stay relaxed, your brain will become more alert, and you can channel your stress into courage or even joy.

A [healthy stress response](#) looks like this:

1. Recognize that you feel stress.
2. Why are you responding this way? Does your reaction fit the situation? Do you have other options?
3. See your response as helpful — your body is helping you meet this new challenge.
4. Feel overwhelmed? Can't see your response as helpful? Seek help from one of the resources in this guide.

Changing your reaction to stress takes practice, but you don't have to make changes or face stress alone. There are resources and people to help you along the way.

Try these additional tactics to help you deal with stress:

- [Exercise regularly](#). As little as 10 minutes of exercise can change the trajectory of a bad mood. Use your Vitality benefit to get encouragement and track your activity.
- [Set priorities](#). Decide what must get done and what can wait. Explore ways to say “no” to new tasks. Use your free wellbeing coach sessions from Beck's BeWell Benefit for help setting goals and staying accountable.

2. GET QUALITY SLEEP.

When you're tired, you don't function at your best and your mood is harder to control. Sleep helps you think more clearly and improves your reflexes and focus. Some tips for a good night's sleep:

- Go to bed and wake up at the same time each day.
- Sleep in a dark, quiet, and comfortable environment.
- Limit the use of electronics and relax quietly for 10-15 minutes before bedtime.

3. IMPROVE YOUR OUTLOOK.

Signs of emotional wellness include holding on to positive emotions and finding the good in bad situations. Being optimistic can require practice. Here's how you can train your brain into positivity:

- [Do something nice for someone](#). Being kind and generous toward others can improve your outlook in minutes, whether it's complimenting someone, helping with a chore, or listening.
- [Forgive yourself](#). It's okay to make mistakes. Learn from what went wrong and don't dwell on it. And forgive others, too.
- [Take some time for yourself](#). If you don't take time to take care of yourself, who will? Set aside a bit of time every day to do one thing that's just for you.

4. STRENGTHEN SOCIAL CONNECTIONS.

Research shows that connections to others affect our emotional and physical health, whether they're with significant others, family, friends, or coworkers. Try these suggestions to stay connected:

- Reach out to a friend or family member every day, either by phone or text. Even just saying hello helps keep you in touch.
- Try a class in your community.
- Volunteer with a local organization you admire.

5. PRACTICE MINDFULNESS.

Mindfulness is about being completely aware of what's happening in the present, both inside of you and around you. Staying in the moment helps keep unnecessary worry and emotions in check. Here are tips to get started:

- [Practice deep breathing](#). Breathe in through your nose to a count of four, hold for one second, and then exhale through the mouth to a count of five. Concentrate only on breathing in and out. Repeat often.
- [Enjoy a stroll](#). While you walk, notice your breathing and your surroundings. As thoughts and worries enter your mind, note them but then return to the present.
- [Meditate](#). Even 1-2 minutes of meditation can help relieve stress. Try one of the many free meditation apps available.
- [Know that you can seek help](#). Beck's BeWell benefit can help with stress, from solving small problems like finding the right daycare provider to directing you to a professional who can help you work through relationship issues, workplace problems, depression, or anxiety. Knowing when and how to ask for help is one of the most important and mindful things you can do for yourself.



HEALTHY MIND WITH VITALITY

Caring for your mental health is a critical part of protecting your overall wellbeing. Here are a few Vitality activities to help you prioritize your mental health while earning points.

All benefits-eligible Beck employees, and spouses enrolled in Beck Medical coverage, have access to the Vitality wellness program.

Register and log-in to Vitality (www.powerofvitality.com).

MENTAL WELLBEING ASSESSMENT

The mental wellbeing assessment is a short questionnaire that helps you explore where you might need support and what may get in the way of you feeling your best.

WELLBEING GOALS

Get help building healthy habits by setting a goal that encourages you to focus on your mental wellbeing. Earn points every time you check in on how you are doing.

MENTAL WELLBEING BINGO

Have some fun while finding ways to take time for yourself and others for a better state of mind. Scan the QR code to get your bingo card!



APPS TO HELP YOU RELAX AND RELIEVE STRESS



[Neuroflow](#) is free to you and your entire household as part of Beck's BeWell benefit. It is designed to help with everyday challenges and behavioral health needs. Create an account and download the app — enter The Beck Group in response to "What's Your Organization/Site?", then answer a few questions to get your personalized support plan.

- Mindfulness activities such as meditation, yoga, and journaling
- Private, self-paced therapy sessions for anxiety, panic and phobia, depression, sleep difficulties, substance use disorder, and chronic pain
- Track mood, sleep, stress, and pain to see your progress
- Sync your health data with other trackers like Fitbit, Garmin, and MyHealth through Apple Health or Google Fit



UnitedHealthcare

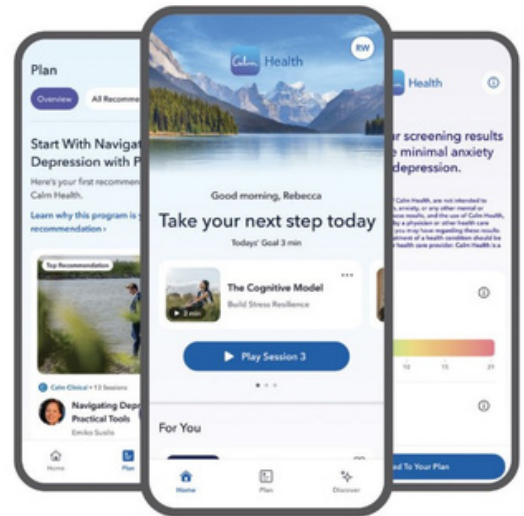
[Calm Health](#) is free for employees and spouses enrolled in the Beck medical plans. The program offers personalized plans to provide support for a range of health conditions, life experiences, and mental health challenges. Explore Calm Health's programs at your own pace and learn to better support anxiety and depression symptoms, sleep better and stress less, and make positive changes to your lifestyle.



Surest

To set up your account, scan the QR code (on the left) for the medical plan you are enrolled in. For UnitedHealthcare click "Go to Calm Health". For Surest, click "Create a Calm Health Account"

Fill in the information requested to complete set-up. Your personal information will always be kept secure.



FREE BENEFITS

BEWELL BENEFIT

Life is complicated, and sometimes we all just need a little help. Beck's BeWell Benefit (provided by Magellan) helps manage your and your family's total health, including mental, emotional, and physical.

This benefit is provided to you and your entire household at no cost — no elections or medical enrollment required. Services are completely confidential and are provided by a third party.

Access your benefit today! Visit member.magellanhealthcare.com and click “My Benefits” (enter The Beck Group into “search for your organization”) or call 1-800-523-5668 (TTY 711)

COUNSELING

Access licensed counselors (8 sessions per issue, per year) for support with stress, anxiety, grief, substance misuse, relationships, parenting, and more. Visits are available in-person, by text message, live chat, or phone or video conference.

You can also use this benefit with BetterHelp therapists. Go to BetterHelp.com/Magellan and click on “Get Started” - enter The Beck Group as the employer name.

WELLBEING COACHING

Define and reach your goals with the support of a coach. This benefit includes six (6) sessions per year. Coaches can help with personal improvement, healthy eating, professional goals, and more. Coaches are available by phone or video.

LEGAL SUPPORT

You have legal services and discounts available to you through Beck's BeWell Benefit. Consultations are helpful when dealing with divorce, family matters, real estate, and consumer credit concerns.

- Free 60-minute consultation (per issue) with an attorney in person or by phone
- 25% - 35% discount on the hourly fees for services contracted with the attorney after the initial 60-minute consultation

FREE BENEFITS

FINANCIAL WELLNESS

When you are financially healthy, you are not saddled with daily stress and worry over finances and debts. People with high financial wellbeing value gaining experiences more than possessions, give to others and are generally satisfied with their overall standard of living.

We can all do something to improve our financial wellbeing. Use these free benefits from Beck to learn skills such as budgeting, reducing debt or planning for retirement.

SMARTDOLLAR

SmartDollar is a step-by-step approach to handling money and will get you on your way to a strong financial foundation.

- Eliminate debt & increase savings.
- Create & manage your budget with EveryDollar.

Start today by creating your SmartDollar account at www.smartdollar.com/enroll/trp_105535

FINANCIAL CONSULTANT

You have free unlimited access to Beck's dedicated Financial Wellness Consultant. Our consultant can help you navigate your financial goals and questions like:

- How can I best manage and pay down debt?
- How can I save for my children's education?

Contact BeWell@beckgroup.com for the link to schedule your private, virtual 1-2-1 session.

MONEY COACH

Beck's BeWell Benefit gives you, and your household members, free access to Money Coach experts that can assist you with your finances.

- Three 30-minute telephone consultations per topic, every 12 months, with an unbiased financial coach with an average of 22 years of experience.
- Support for debt and credit, spending and savings, maternity leave, caring for parents & more.

Visit member.magellanhealthcare.com (enter The Beck Group) or call 1-800-523-5668 (TTY 711)

SUPPORT THROUGH MEDICAL PLAN BENEFITS

Beck's Medical Plans cover behavioral and mental health services at a \$10 copay (in-network) on the Surest plan and \$0 (in-network) after the deductible is met on the HSA plan.

You can use your benefit with in-person providers as well as virtual providers through [TalkSpace](#), [Dr. On Demand](#), [AmWell](#) and [TeleDoc](#).

Through a virtual visit, via video or telephone, you can receive confidential 1-on-1 counseling from the privacy and convenience of your home. Your licensed virtual therapist may provide a diagnosis, treatment, and medication if needed. You can see the same therapist with each appointment and establish an ongoing relationship.

To set up a virtual visit, navigate to the virtual provider website and create an account — you will be prompted to enter information from your Medical ID card.

If you begin by using Beck's free BeWell benefit and you think you may need more than 8 visits (per issue), it's recommended that you find a counselor through the BeWell benefit that is in-network for UHC/Surest. Seeing an in-network provider will ensure you maximize your benefits through your medical plan and minimize disruption when you transition from one benefit to the other.

LOCATING AN IN-NETWORK PROVIDER

Seeing an in-network provider will make the most of your benefit and means less cost for you. Log in to www.myuhc.com (HSA medical plan) or <https://benefits.surest.com/> (Surest medical plan) to locate in-network mental health providers and services. You can find both in-person and virtual providers.

SELF CARE BY ABLE TO

The AbleTo app is free for you and provides access to self-care techniques, coping tools, meditations and more. You'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tools are created by clinicians and are suggested for you based on your needs.

Visit the site below for the medical plan you are enrolled in.

Surest medical plan:
AbleTo.com/surestgetstarted

HSA medical plan:
ableto.com/begin

FREE COMMUNITY RESOURCES

These community resources are FREE and available to anyone, 24 hours a day, 365 days a year. Call 911 or go to the nearest emergency room if you or someone you know is in immediate danger.

NATIONAL SUICIDE PREVENTION LIFELINE

Call 988

En Español 888-628-9454

988lifeline.org

Confidential crisis hotline connects callers to the nearest crisis center. These centers provide crisis counseling and mental health referrals.

CRISIS TEXT LINE

Text “HELLO” to 741741

www.crisistextline.org

Send a text 24/7 to speak with a crisis counselor who can provide support and information. Standard text messaging rates may apply.

YOUTH CRISIS LINE

Call 1-877-968-8491 or

Text ‘teen2teen’ to 839863

www.theyouthline.org

24/7 for youth ages 11-21 (Answered by youth from 4-10 pm PST).

VETERANS CRISIS LINE

Call 988 and press 1

Text 838255

www.veteranscrisisline.net

Connect with a trained responder 24/7. Available to all veterans, even if not registered with the VA or enrolled in VA healthcare.

SAMHSA'S HELPLINE

800-662-HELP (4357)

www.samhsa.gov

Substance Abuse and Mental Health Services Administration is a free and confidential treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

MANTHERAPY.ORG

Men are 4x more likely than women to die by suicide. Mantherapy.org uses an innovative approach to mental health by delivering helpful content and resources in a creative, new way.

MENTAL HEALTH SCREENING

screening.hfihub.com/ciasp

Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. This anonymous and confidential “checkup from your neck up” will immediately show you your results, recommendations, and key resources.

NATIONAL ALLIANCE ON MENTAL ILLNESS

Call 1-800-950-NAMI

www.nami.org

Provides education and support for individuals, youth, family members, and veterans. Visit nami.org to find your local chapter.

[Click here for Helpline Resource Directory](#)



INCLUSIVE MENTAL HEALTH RESOURCES

A person must feel comfortable and understood by their mental health professional for a therapeutic relationship to be effective. Finding a provider that understands your culture and identity can increase open communication and result in better support outcomes.

[Black Emotional and Mental Health Collective](#) is a network of therapists, lawyers, and activists dedicated to the emotional health of Black communities. Here you can find a direct resource of practitioners in your state.

[The Friend Zone](#) podcast presents topics key to mental health (think relationships and microaggressions) in a funny, relatable way.

[The Trevor Project](#) offers trained counselors to support young LGBTQ people in crisis. The organization also posts regular updates on issues facing the community.

[Asian Mental Health Collective](#) seeks to normalize and destigmatize mental health within the Asian community. The organization offers mental health education and resources, and a podcast.

[Mental Health America National](#) provides resources on mental health, self-care, and more in both English and Spanish to help provide information directly to the Latinx community.

[NAMI \(National Alliance on Mental Illness\)](#) explains that mental health care must be tailored to the individual— to their identity, culture and lived experience. NAMI provides helpful information and resources.

[Veterans Crisis Line](#) provides 24/7 support via phone, text or online chat. You can also search for local and national resources.

WARNING SIGNS & CONVERSATION STARTERS

A combination of environmental, health, historical, and occupational factors can increase the risk of suicide. Conditions like depression, anxiety and substance problems, especially when left untreated, increase the risk for suicide.

HAVE YOU OR SOMEONE YOU KNOW EXHIBITED ONE OR MORE WARNING SIGNS?

- Talking about feeling trapped or wanting to die, or acts of self-harm
- Increased use of alcohol or drugs
- Decreased self-confidence
- Sleeping too much or too little
- Feeling anxious, worried, agitated or reckless
- Withdrawing from family and friends
- Talking about being a burden to others
- Feeling very sad, hopeless or helpless for more than two weeks
- Confused thinking or problems concentrating and learning
- Extreme mood changes
- Prolonged or strong feelings of irritability or anger
- Difficulty perceiving reality: hearing, seeing or believing things that are not real
- Inability to carry out daily activities or handle daily problems and stress

If you or someone you know is showing one or more of the signs above, get connected with one of the resources in this guide for support.



TALKING WITH SOMEONE ABOUT THEIR MENTAL HEALTH

Talking to a friend or family member about mental health doesn't have to be awkward or intrusive — you're showing people that you care about their wellbeing. That gesture can be life-changing!

Follow these steps from the National Alliance for Mental Illness (NAMI) to start the conversation:

1. FIND A COMFORTABLE SPACE TO ADDRESS YOUR CONCERNS

- Ask questions in a time and place where the person feels comfortable. This should be a neutral location, away from other family, friends or co-workers.
- You are there as a friend, not a mental health expert. It's ok to not know what to say or do next.
- By asking someone if they are ok, you are not making their wellbeing your sole responsibility, but you may be able to help them get the help they need.

2. ASK QUESTIONS AND ACTIVELY LISTEN

Often, people experiencing the onset of a mental health issue feel completely alone. Actively listen and look for opportunities to share the mental health facts you've learned. Never underestimate the power of simply being there. Here are some questions you can try:

- I've noticed that you're [sleeping more, eating less, etc.]. Is everything ok?
- It seems like you're going through a difficult time. How can I help you?
- I care about you and want to listen. What do you want to share about how you're feeling?
- Who or what has helped you in the past?
- I noticed you seem [hopeless, desperate]. Sometimes people think of suicide when they feel this way. Are you?
- I can help connect you to a counselor or resource that can help. You don't have to do this alone.

3. FOLLOW UP AND GET MENTAL HELP

- You are not alone. If someone shares they need help, there are numerous community & Beck resources available — see earlier sections of this guide for details.
- Call 911 if someone is in danger of harming themselves or others.

SUPPORTING KIDS, TEENS & YOUNG ADULTS

WHAT TO LOOK FOR

According to NAMI (National Alliance on Mental Illness), 1 in 6 youth/adolescents will experience a mental health condition.

Additionally, 50% of all lifetime mental health conditions begin before the age of 14, and 75% start before the age of 24. Identifying warning signs and seeking treatment early can make a significant impact.

Children react to what they pick up from the adults who surround them. Parents and caregivers who deal with stressful situations calmly and confidently can reduce fear, worry, and anxiety in their children.

Children might show they are struggling in [many different ways](#).

Some signs your child is feeling stressed might include:

- Excessive crying or irritation
- Recurrence of behaviors they have outgrown (chewing nails, bedwetting, etc.)
- Excessive worry or sadness
- Change in eating and sleeping patterns
- Acting out or being aggressive
- General lack of attention
- Avoidance of activities they usually enjoy
- Complaining of mystery aches and pains (after a physician determines they are healthy)
- Substance abuse in older children and teens



WHEN TO ACT

When you observe your child experiencing mental health symptoms, it can be hard. Remember, there is hope.

NAMI provides a few actions you can take to help your child:

HAVE FREQUENT CONVERSATIONS ABOUT MENTAL HEALTH

It's helpful to engage in frequent emotional "check ins" starting early in life. If your child sees this as routine, they may feel more comfortable coming to you with challenges.

LISTEN AND VALIDATE THEIR EXPERIENCES

Creating a safe space (where your child can share openly without fear of retaliation) at home can suggest that you are eager to hear about their life in a supportive, non-judgmental way. This helps them to see you as an ally, not as a judge.

GET FEEDBACK FROM OTHERS

In addition to your observations, consider talking with other family members, teachers, coaches, clergy — or anyone in your community who knows your child — to see if they have noticed changes in behavior.

GET A PROFESSIONAL OPINION

There is no harm in talking to your pediatrician or other health care professional about whether they think your child could benefit from seeing a mental health professional.



Not sure what to say?

Try these suggestions for starting conversations with your kids.

TALKING TO YOUR KIDS ABOUT MENTAL HEALTH

Although it may not always be easy, maintaining an open and understanding relationship with your child can be critical. Touching base with your child about their experiences is the best way to identify any new or developing issues and ensure they have the right treatment and support.

MAKE AN ANALOGY TO A MEDICAL PROBLEM

Kids often hear about their medical issues and understand how those impact their body or how they feel. Similarly, you can let your child know that mental health concerns are also physical conditions that start with their brain. The brain controls feelings, thoughts and behavior, and sometimes it gets “knocked off balance,” but like other medical problems, they can learn to manage this with support.

LISTEN TO THEM AND VALIDATE THEIR EXPERIENCES

Because there is often a stigma attached to mental health conditions, children can feel ashamed to talk about their feelings. Talk with them about what they are experiencing. Listen with curiosity and empathize with them.

BE SURE THEY KNOW THIS IS NOT THEIR FAULT

Many children feel that their condition is their fault or that it is an unchangeable feature of their identity. You can help them see that these feelings are common and that it’s not a sign that something is wrong with them.

HAVE FREQUENT CONVERSATIONS

Many mental health conditions are considered intermittent — the symptoms can come and go throughout life and may fluctuate in severity depending on age, level of stress or any number of factors. It helps to have conversations about emotions, thoughts and behaviors that are a part of your child’s condition from the time it begins. As they grow up, become more mature and are better able to understand themselves and their condition, your child will see you as a trusted resource they can consult if they have a relapse or experience new symptoms.

LET THEM ASK YOU QUESTIONS

Children will have all sorts of questions about their symptoms and treatment, so being open and giving them information about the ways therapy and/or medications can help will be reassuring. You can also meet with your child and their mental health clinician together to discuss their questions. If you don't know the answer to a question, it's ok to say you don't know and work together to find an answer.

DISCUSS SELF-CARE AND PREVENTION

Teaching your child to practice self-care, including maintaining a healthy diet, exercising regularly, meditating and getting sufficient sleep, are instrumental in preventing relapses and diminishing symptoms.

DON'T BE AFRAID TO ASK ABOUT SUICIDE

In recent years, rates of death by suicide and suicidal thinking have increased in young people. Many parents and caregivers are wary of asking a child if they have suicidal thoughts, intentions or plans. They may be afraid that starting the conversation may cause suicidal behavior, but this connection has proven to be false. If your child has a mental health condition, it's important to check-in with them about suicidal thoughts.

HELPFUL RESOURCES

[Kids' Mental Health Foundation](#) works to share best practices and provide every community with access to free, evidenced-informed resources necessary for breaking stigmas and educating families and advocates.

[NAMI](#) provides advocacy, education, and support to individuals and families affected by mental illness. There is support & resources for kids, teens & young adults.

[NAMI's "Little Monster" coloring & activity book](#) (in English & Spanish) a mental health book created for young children as a tool for them to express and explore their feelings in a fun, creative and empowering way, as well as to help foster dialogue between children and the safe adults in their lives.

TEENS AND YOUNG ADULTS

As kids mature into their teen years, they experience added pressures and responsibilities at school, with their friends and on social media. After graduation, preparing for a job or college can bring additional stress.

Try this fun challenge with your child or whole family.



Consider the 3 C's as you support your child:

GET CURIOUS

Your child may seem disconnected, stating that “everything is fine.” Use these conversation starters to talk with your child. Remember to listen with curiosity and empathize with them.

- It seems you are sadder during the evenings. Let's explore, together, why that may be the case.
- I've noticed you seem less interested in some of your favorite activities. Why do you think that is?
- When was the last time you felt this way? And what was happening around you?

GET CONCRETE

Having activities and concrete things you can do with your child to support their mental health will keep you connected, boost their self-confidence and allow them to practice resilience and self-care. Try doing a mental fitness challenge together or regularly ask them open-ended questions — scan the QR code on pg. 18 for conversation starters and the QR code above for the mental fitness challenge.

GET COMPASSIONATE

Use compassionate language to ensure your child feels seen, heard and validated when discussing mental health and wellness. For example, try thanking your child after they express how they feel and showing you heard them by saying phrases like, “what I’m hearing you say is,” and “we’re in this together.” Avoid making assumptions, practice active listening, get comfortable with silence and remain calm as your child learns to understand their emotions and mental health symptoms.

SOCIAL MEDIA SUPPORT

Social media can have benefits for your child, like relationship building and exploring their interests, but it also comes with risks like unhealthy comparisons, bullying and FOMO (fear of missing out).

IS YOUR CHILD READY FOR SOCIAL MEDIA? ASK YOURSELF:

1. Do you have an open and trusting relationship?

If your child comes to you for help when they have a problem, and you can depend on your child to tell you the truth, those are both good signs they'll update you about what's happening in their social media spaces.

2. Is your child confident in who they are?

Kids who care less about what other kids think and don't worry too much about being left out may be ready for social media. It's a good sign if they know how to resist peer pressure and stand up for themselves and their friends.

3. Do they respect the boundaries & expectations you set?

If your child respects the rules of your family, and steers clear of risky or secretive behavior, they are likely to do the same on social media.

4. Do they know the rules for keeping safe, and will they let you know if they are concerned?

It's important that kids recognize what behavior steps over the line and are able to push back when that happens. Asking for contact information or photos or asking a child to do something they wouldn't normally do in real life, is not appropriate.

For more guidance on social media, visit [KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org).

FAMILY MEMBERS & CAREGIVERS

Remember, you can't pour from an empty cup. In order to care for others, we must first care for ourselves. Taking care of yourself is a valid goal on its own, and it helps you support the people you love.

CONSIDER THESE TIPS FROM NAMI:

1. Understand how stress affects you.

Begin by identifying how stress feels to you. Then identify what events or situations cause you to feel that way.

2. Protect your physical health.

Improving your physical wellbeing is one of the best ways you can support your mental health. Ensure you are eating well, exercising, sleeping well and practicing relaxation techniques.

3. Recharge yourself.

Being out of “caregiver mode” for as little as five minutes can be enough. Start small: think about activities you enjoyed before becoming a caregiver and try to work them back into your life.

4. Practice good mental habits.

Avoid guilt — try not to feel bad about experiencing negative emotions, as these are natural. Notice the positive — even if it's tiny (“It was a sunny day”), it’s real, it counts and it can start to change your attitude. Gather strength from others — you may feel you don’t have the time, but focus on the long-term and meet a friend once a month or go to an event every 2 months.

5. Seek Support.

Talking with others who are navigating similar circumstances can be very healing. By sharing your experiences in a safe setting, you can gain hope and develop supportive relationships. [NAMI](#) is a national resource with local family support groups that can help you aim for better coping skills, find strength in sharing experiences, reject guilt and embrace humor as healthy.

MENTAL
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