



# MENTAL HEALTH CHECK

**Your overall well-being is vital to your ability to thrive in life and includes your mental and physical health. Building healthy habits can help!**

- Schedule regular “me” time to do the things you enjoy.
- Learn something new.
- Maintain healthy eating practices.
- Get regular physical activity.
- Get plenty of sleep.
- Stay in contact with friends and loved ones.
- Ask for help when you need it.
- Give yourself grace – habits take time to build!

Know that you matter, are not alone and have resources that can provide meaningful help. If you need to talk, we're here to listen. Reach out for support today.

**Human Resources:**

[hremail@customer.com](mailto:hremail@customer.com)

888-888-8888

**Employee Assistance Program:**

888-888-8888

