

# 5 Ways to Support Your Mental Health This Summer

## 01 *Listen to what you need*

- Rest when you're tired
- Say no when your plate is full
- Slow down without guilt



## 02 *Protect your time*

- Give yourself real breaks, even short ones
- Schedule downtime like you would a meeting



## 03 *Keep connection simple*

- A quick check-in matters
- You don't need big plans to feel supported



## 04 *Step back from comparison*

- Social media is not the full picture
- Your pace is enough



## 05 *Let go of "perfect summer" pressure*

- You don't have to do it all
- Focus on what actually feels good for you



**BEST CARE**  
EMPLOYEE ASSISTANCE PROGRAM