

Simple Daily Steps for Better Mental Health

01

Practice Daily Gratitude

Write three things you're thankful for each day to build positivity and resilience.



02

Move Your Body

Exercise, stretch, or walk regularly to release stress and improve overall mood naturally.



03

Stay Connected

Talk with friends, family, or communities to strengthen support and emotional well-being.



04

Limit Digital Overload

Take screen breaks, mute notifications, and schedule offline time for mental clarity.



05

Say No Kindly

Protect mental peace by setting healthy emotional boundaries.



BEST CARE
EMPLOYEE ASSISTANCE PROGRAM



www.bestcareeap.org



402.354.8000/800.801.4182



eap@bestcareeap.org