MOVE YOUR BODY

MENTAL HEALTH
IS HEALTH
MORE

GRFFNS

BE MORE RESILIENT

REST MORE

FEEL THE MOMENTS

CALL A FRIEND AND CHAT

## STAY POSITIVE

BE MINDFUL OF YOUR NEEDS

HELP A FRIEND

YOUR WELL-BEING IS A PRIORITY

GRATITUDE HELPS

**Your well-being matters** so if something is bothering you, it may be time to **use your Best Care EAP benefits** and schedule a confidential appointment with a counselor.

Start by filling out our Counselor Registration Form under the Forms tab at <a href="https://www.bestcareeap.org">www.bestcareeap.org</a>.

Please call us if you have issues with the form: 402-354-8000 or 800-801-4182





# THESE HABITS COULD STRESS YOUR BRAIN



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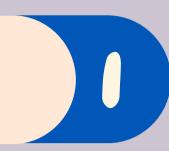
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## "CALM YOUR MIND" WITH THESE TIPS

### **PRACTICE MINDFULNESS**

Practicing mindfulness can help you stay present and focused on what's happening around you.



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### **WRITE IT OUT**

Writing down what's on your mind in a journal can help decrease intrusive thoughts and other mental "clutter."

## **LISTEN TO MUSIC**

If you listen to music regularly, you may have noticed it makes it easier to keep your attention on your work.

3

4

### **KEEP YOUR SPACE TIDY**

Don't let your desk get too messy because it can make you feel anxious and difficult to concentrate on work.

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