



MENTAL HEALTH AWARENESS MONTH

BE KIND TO YOUR MIND

Tips to cope with stress during COVID-19

PAUSE Breathe, notice how you feel

TAKE BREAKS from COVID-19 content

MAKE TIME to sleep and exercise

REACH OUT and stay connected

SEEK HELP if feeling overwhelmed or unsafe

COVID-19 is not over and looks like it won't be for some time. Now, during Mental Health Awareness month, it is more important than ever before to take care of your mental health. If you need help, call.

You can reach Best Care EAP counselors through the **COVID COUNSELING HELP LINE 24/7 at 800-801-4182!**



BEST CARE EAP