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Mental Health Awareness Month

May is Mental Health Awareness Month. That makes this the perfect time for all of us to pause and assess our mental health, especially given all that has happened over the past two years.

When we fail to be mindful of our health as a whole, stress, anxiety and even the day-to-day pressures of life can build into something bigger. In fact, about half of all people will meet the criteria for a diagnosable mental health disorder at some point in their lives. Intervening effectively during the early stages of mental illness can improve the future of those dealing with mental illnesses.

If you feel like you're stuck in a bad place mentally and emotionally, a few simple changes may help you break free:

- **Take media breaks.** Limit how much you are watching, reading, or listening to news stories.
- **Take care of your body.** Get plenty of sleep, eat a health, balanced diet and exercise regularly.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

Remember, if you feel overwhelmed, reach out. Your Employee Assistance Program can help.

Here when you need us.

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