



## October 10, 2023 is World Mental Health Day

The global mental health crisis is impacting people of every age and background. Mental health is critical to your wellbeing and should be valued, promoted and protected. Learn more about how to care for your own mental health and the mental health of those around you.

### Five ways to prioritize mental health and wellbeing:

- 1 Connect with others**—Surround yourself with people that bring you positive energy. Good relationships can help you build a sense of belonging and self-worth.
- 2 Practice self-care**—Get enough sleep, eat well and exercise regularly. Even daily short walks can boost your mood and improve your mental health.
- 3 Learn stress-reducing techniques**—Meditation, yoga, guided imagery or breathing exercises can help you better manage reactions to stressful situations and will help you communicate more effectively with others.
- 4 Transform your self-talk**—By improving your self-talk, you can reduce anxiety, improve your heart health and change how you deal with stress.
- 5 Normalize experiences**—Speak out about your experiences with mental health challenges and encourage others to seek treatment even if it is just to talk to someone. Therapy is not just for people in crisis, but can help anyone develop healthy coping strategies.

Visit your member website for more information.