

Caring for you in all ways. Always. SM



Tips for a mentally healthy lifestyle

Creating a mentally healthy lifestyle is one of the most rewarding things you can do for yourself. Get ready to feel more balanced, fulfilled, and energized with these tips.

- **Make your mental health a priority.** It's important to pay attention to your feelings and take action to improve them.
- **Get moving with enjoyable exercise.** Make exercise a regular part of your lifestyle, and you'll start to feel the positive effects.
- **Be social.** Make time to regularly connect with friends and family in-person, over the phone, or virtually.
- **Share your appreciation with others.** This simple act of kindness spreads positivity and can enhance your overall mental well-being as well as the other person's.
- **Know when to seek help.** If you're struggling with your mental health, don't hesitate to seek professional help.

By incorporating these tips into your daily routine, you can take steps towards improving your overall well-being and living a more fulfilling life.

Make mindfulness your superpower

Feeling overwhelmed in our tech-driven world? Tap into your mindfulness superpower to navigate life with less stress and more clarity. This simple practice can empower you to live with more presence, purpose, and resilience.

Understand mental health

May is Mental Health Month. Take time to learn about mental health and how to support yourself and others. Prioritize self-care, seek professional help when needed, and foster a supportive community for positive mental health.



Expert help, delivered with heart

Health Advocate is here to help you and your family with any health or well-being issues.



We're here 24/7

Get the support you need, right when you need it, so you can have peace of mind.



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