

May is Mental Health Month

Self Care. Self Love.

According to Psychology Today, the definition of emotional well-being is

"the ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings."



SCAN TO LEARN MORE



6 Self Care & Self Love Tips (Click each heart to learn more!)



CALL ► 800.448.8326

Ulliance offers free, confidential support & resources, including counseling, coaching, crisis with many resources to address stress and anxiety. The goal of the Life Advisor EAP is to help individuals achieve a healthy work-life balance.

For more tips on mental health, you can access our webinar library or further resources at [LifeAdvisor.com](https://www.lifeadvisor.com)

