

May is Mental Health Month Self Care. Self Leve.

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

0% DEPRESSION An Estimated 1 in 10 U.S. adults report depression Up to 80% of those treated for depression show an improvement in their symptoms within 4 to 6 weeks.

MENTAL HEALTH 56% of adults in the US experience a mental health challenge don't receive treatment

STRESS EFFECTS 77% of people experience stress that affects their physical health

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





more zzzs

Get

Learn coping mechanisms



Watch a Webinar

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

