

DID YOU KNOW... MAY IS MENTAL HEALTH AWARENESS MONTH

What is Mental Health Awareness Month?

Mental Health Awareness Month was established in 1949 by Mental Health America, and it serves as a time for raising awareness, sharing resources, and supporting individuals or communities that struggle with mental health issues. This year's theme is More Good Days Together, which encourages everyone to reflect on what a 'good day' looks like for themselves and their community. Such insights can aid in connecting different people with appropriate resources.

Why is Your Mental Health Important?

According to the Cleveland Clinic, around 1 in 5 Americans experience some type of mental health condition in any given year. Mental health refers to your overall psychological well-being and the state of your emotional, cognitive, and social functioning. It affects your overall well-being as well as factors like your self-esteem, social life, memory, and more! Hence, taking care of your mental health is imperative to achieving overall good health. Prioritizing your mental health can improve your:

- brain and cognitive functioning
- physical health
- resilience
- relationships
- self-image

How to Improve Your Mental Health

Engaging in or with a combination of the activities and resources below can greatly increase your mental health:

- **Lifestyle changes:** exercising regularly, maintaining a balanced diet, and getting adequate sleep.
- **Psychotherapy:** having conversations with a trained mental health professional in an individual or group setting.
- **Support groups:** Connecting with others experiencing similar symptoms in peer support groups or group therapy.
- **Other Therapies:** Exploring integrative approaches to mental health treatment like acupuncture, art therapy, music therapy, or yoga for additional support.

Take advantage of this Mental Health Awareness Month by reviewing the health and wellbeing resources below that are available to help you get started on your health journey.



Resources for Living Employee Assistance Program

Through the Resources for Living EAP, a trained, credentialed counselor is available to provide confidential support for a variety of topics. You and the members of your household are entitled to seven (7) free face-to-face or telephonic meetings per year.

For more information, contact Aetna Resources for Living at **1.886.252.4468**. You may also log in to www.resourcesforliving.com with the below login credentials:

- Username: **springpoint**
- Password: **eap**

Aetna Healthy Lifestyle Wellness Coaching

For team members enrolled in the Aetna Medical plan, Aetna Healthy Lifestyle Wellness Coaching is an additional resource to aid in achieving healthier lifestyle. Services include things like nutritional coaching. Call **866-213-0153** to meet one-on-one with a Wellness Coach at **NO** cost to you for up to seven calls.

Sources

- <https://health.clevelandclinic.org/why-mental-health-is-so-important>
- <https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month/toolkit>