

MOVE YOUR
BODY

MENTAL HEALTH
IS HEALTH

EAT
MORE
GREENS

REST MORE

BE MORE RESILIENT

FEEL THE MOMENTS

CALL A FRIEND AND CHAT

STAY POSITIVE

BE MINDFUL OF YOUR NEEDS

GRATITUDE
HELPS

HELP A FRIEND

YOUR WELL-BEING IS A PRIORITY

Your well-being matters so if something is bothering you, it may be time to **use your Best Care EAP benefits** and schedule a confidential appointment with a counselor.

Start by filling out our Counselor Registration Form under the Forms tab at www.bestcareeap.org.
Please call us if you have issues with the form: 402-354-8000 or 800-801-4182

Your Well-being Matters!



BEST CARE EAP

THESE HABITS COULD STRESS YOUR BRAIN

1 Doing too much

2 Consuming too much sugar

3

Spending too much screen time on social media

7

Lack of in-person contacts



4

Having sedentary life style

6

listening to loud music for too long

5

Not getting enough sleep

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BEST CARE EAP

"CALM YOUR MIND" WITH THESE TIPS



1 PRACTICE MINDFULNESS

Practicing mindfulness can help you stay present and focused on what's happening around you.

2

WRITE IT OUT

Writing down what's on your mind in a journal can help decrease intrusive thoughts and other mental "clutter."

3 LISTEN TO MUSIC

If you listen to music regularly, you may have noticed it makes it easier to keep your attention on your work.

3

4

KEEP YOUR SPACE TIDY

Don't let your desk get too messy because it can make you feel anxious and difficult to concentrate on work.

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