

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](http://www.bestcareeap.org).**  
**Please call us if you have issues with the form: 402-354-8000 or 800-801-4182**



# 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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# "CALM YOUR MIND" WITH THESE TIPS



## **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."

## **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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May is Mental Health Awareness Month!



**BEST CARE EAP**