

Self-Care Summer: Because You Matter

Here are a few tips on how you can take care of your mental health:



Go outside and enjoy natural sunlight for a few minutes.

Stay physically active.



Spend some time OUTSIDE of social media.

Talk to someone you trust, whether it's a friend, family member, or therapist.

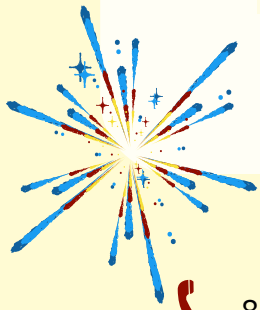


Don't forget: "Almost everything will work again if you unplug it for a few minutes, including you" - Anne Lamott



Taking care of yourself is not selfish. Your mental health and well-being matters too.
To learn more about self-care reach out to Solutions EAP at 800-526-3485.

Solutions EAP provides free, short term, and confidential counseling for employees and their families.



800-526-3485



<http://www.solutions-eap.com>



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