## Every day is a mental health day

## Simple ways you can improve your mental health each day

Imagine what an ideal day would look like for you. Did you connect with a friend? Did you make time to laugh with a loved one? Or maybe you carved out some time to read a book or walked at a park. Often times the things that make us feel better are available. We just have to make time for them.

Challenge yourself to do one thing each day that brings you happiness. Daily habits like this can help transform your mental health for the better. Check out the resources below to help boost your daily mental well-being:

- Know the signs someone could need support with their mental health
- Download a mental well-being activities calendar

Every day is a mental health day. We're here 24/7 for you and your household members.

Give us a call for free, con dential help and referrals for any emotional or mental health concerns you may have.

**View this week's resources**

## Resources *for* Living®

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