



Every day is a mental health day

Care for your mental and social health

Being healthy involves not only your physical health, but also your mental and social well-being. Mental and social health isn't talked about like physical health, but it needs to be.

You probably know what to do to care for your physical health. But do you know what's needed to be mentally and socially healthy? Mental and social wellness includes:

- Learning about your emotions and behaviors and how to manage them
- Building resilience and coping strategies
- Making self-care a priority
- Connecting with others
- Nurturing your relationships
- Developing a support system

During mental health month, make time to learn more about mental health and how you can make a difference.

Being healthy isn't only about your physical health. It's when your body, mind and social connections are strong. We're here 24/7 for you and your household members.

Give us a call for free, confidential support and referrals for any emotional or mental health concerns you may have.

[View this week's resources](#)

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