



5 Tips for Taking Care of Your Mental Health

Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed

Reach out to family, friends or your Employee Assistance Program (EAP) when necessary.

EAP support is available 24/7

Helpline: (888) 993-7650

Email: eap@deeroaks.com

Website: www.deeroakseap.com

