

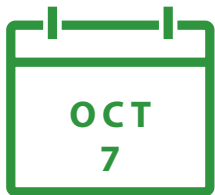
Tips

MENTAL ILLNESS AWARENESS MONTH

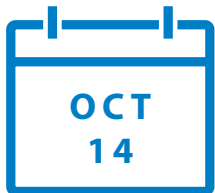
Try sending our CORE Solutions Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your CORE Solutions Team

Evidence suggests taking these four steps to improve your mental health and well-being. Trying these things could help you feel more positive and get the most out of life.



Connect with Other People. Good relationships are essential to mental well-being. For this week, try to set aside time each day to be with your family or arrange a day out with friends you haven't seen in a while. It could be something as simple as family dinner or an hour or two playing games instead of screen time.



Be Physically Active. It's great for physical health, fitness and improved mental well-being. Go for a walk around the block, visit your nearest gym for a tour or reach out to a friend that is always on the move. The key is finding activities you enjoy and making them part of your life.



Learn New Skills. This can improve your mental well-being by boosting self-confidence and building a sense of purpose. Try learning to cook something new, taking a new responsibility at work, or even a new home project or hobby. Again, the key is finding activities you enjoy and making them part of your life.



Give to Others. Acts like giving and kindness have been proven to improve mental well-being. Small acts of kindness like saying thank you or supporting a friend or family member in need can help create positive feelings and a sense of reward while helping you connect with others. More prominent acts like volunteering in your community or assisting in your kid's school can also instill a sense of purpose and greater self-worth.

Source: caerhealth.co.uk