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## Mental Health Awareness Month Make mental health a priority

Many people seem to handle their work, family duties and other day-to-day activities “okay”, yet inside they’re feeling anxious, sad, stuck and lonely. It’s easy to dismiss these feelings as just “life stress.” Instead, tuning in to—not out of—these feelings and making your mental health a priority can help you achieve total well-being to function at your best. Keep the following in mind to move from “just getting by” to feeling happier, hopeful, and connected.

[Find out more](#)



## Take advantage of workplace health and well-being programs!

May is Global Employee Health and Fitness Month, an opportunity to explore what benefits your workplace may offer to help you improve your health and well-being and reach your wellness goals. Read on for some examples of benefits that may be available to you!

[Find out more](#)



## Top tips for women's health

Keeping up with regular preventive screenings and making simple lifestyle changes can help you stay healthy and feel good. Here are the top tips for women, which can help you improve and maintain your health.

[Find out more](#)



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### Mental Health Awareness Month

This month, Health Advocate joins the national movement to raise awareness about mental health, and the importance of making it a priority. Mental health includes emotional, psychological, and social well-

being, and is essential to your overall health and quality of life. Self-care—things like exercise, eating nutritious meals, getting proper sleep and relaxing activities—plays a vital role in maintaining your mental health. Self-care helps you manage stress, increases energy and supports your treatment and recovery if you have a mental illness like anxiety or depression.

To learn more about self-care for better mental health, visit:

**[www.nimh.nih.gov/health/topics/caring-for-your-mental-health](http://www.nimh.nih.gov/health/topics/caring-for-your-mental-health)**



**877.240.6863**

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**[answers@healthadvocate.com](mailto:answers@healthadvocate.com)**



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Don't forget to visit your Health Advocate member website for information, tools, tips and more!



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