



Supporting you on
World Mental Health Day
October 10

World Mental Health Day is recognized to raise awareness and drive positive change for everyone’s emotional and mental health. It is important to take measures to address your emotional and mental health, especially when you’re facing stressful life challenges. These tips can help you defeat stress and lift your spirits, helping you feel emotionally fit and balanced.

Get up and move! It benefits both your physical and mental health. If you’re feeling drained, down and stuck, exercise could be the boost you need.

Share your feelings—you are not alone! Talk and walk with a friend outside, if possible—spending time in nature can have a calming effect, and connects you to the world in a positive, nurturing way.

Reset with a moment of mindfulness. To corral runaway worries, try sitting quietly, eyes closed, and slowly breathe in for four counts, hold for four, and slowly exhale for seven. Repeat several times.

Reset your priorities. Say “no” to the non-essential tasks to free up time for relaxing activities, such as reading, catching up with friends and spending time in your hobbies.

Take action. If you feel helpless concerning current events in your life, ask yourself what can you do to help the situation.

Practice optimism. Avoid negative self-talk and seek out daily experiences that make you smile.

Tend to something or someone. Looking after a pet or plants, or volunteering to help someone or a cause can be profoundly rewarding.



Need to talk with someone?

No matter how you’re feeling or what is stressful at the moment, Health Advocate is available as a resource. Our experts will compassionately and confidentially get you the help and information you need.

We’re here when you need us most

Health Advocate is committed to embracing diversity, equity and inclusion as we provide personalized support to improve your health and well-being.



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