



# Mental Health Awareness

## Building Healthy Daily Practices

Taking care of your mental health is important every day—not just during challenging moments. Like physical health, mental health benefits from steady attention and regular care. Simple daily practices can help reduce stress, restore balance, and keep you grounded.

### Simple Habits That Support Well-Being

Small actions throughout the day can make a meaningful difference.

#### Grounding and Relaxation

- Take a few slow, deep breaths when feeling overwhelmed.
- Pause during the day to notice how you are feeling.
- Spend a few minutes stretching or relaxing your body.
- Step outside for fresh air or a short walk.

#### Daily Balance

- Keep a consistent routine for sleep and meals.
- Take short breaks during work or busy days.
- Limit time spent on stressful news or social media.
- Make time for activities that bring enjoyment or calm.

#### Connection

- Reach out to a friend, family member, or colleague.
- Spend time with people who help you feel supported.
- Engage in community or group activities when possible.

### Well-Being Looks Different for Everyone

People from different cultures, backgrounds, and life experiences may practice well-being in their own ways. What matters most is finding strategies that feel meaningful and supportive to *you*. There is no single “right way” to support mental health.

Healthy habits don't need to be complicated—small steps can build emotional balance and resilience over time. If you'd like help building healthy routines or navigating stress, the EAP is here to support you. Reach out anytime for additional guidance and resources.