



Human Resources

Mental Health Day October 30th, 2020

6 Tips to Mind Your Mental Health



Limit news exposure

- Listen to music
- Listen to an Audible Book
- Watch a DIY or Discovery Program



Take your emotional pulse

- Meditate
- Practice mindfulness by sitting quietly and reflecting
- Take a walk in nature



Foster healthy relationships

- Call a friend
- Call a relative you haven't talked to lately
- Enjoy a funny movie with someone
- Keep up on [Relationship Maintenance](#)



Learn coping strategies

- Exercise
- Set boundaries
- Avoid [Problematic Coping](#)
- Be proactive by [Preparing for Winter](#)



Practice self-care

- Meditate daily
- Schedule a routine checkup
- Make sure you're getting enough sleep
- COVID 19 Tips for Self-Care:
[Return to Work Self-care Tips – COVID-19](#)
- Stay on track with a Wellness Checklist :
<https://wellness.wayne.edu/pdfs/wellness-checklist.pdf>



Reach out & ask for help

CALL ULLIANCE!
BONUS: [Anxiety Toolkit](#)

Life can be tough. Getting help is simple!

Ulliance
Enhancing People. Improving Business.

CALL ► 800.448.8326

