



Human Resources

Mental Health Day February 18th, 2021: Self Care. Self Love.



According to Psychology Today,
the definition of emotional well-being is *"the ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings."*



Ulliance can help- click to read more



6 Self Care & Self Love Tips (click a heart to learn more!)



Don't isolate



Get more zzzs



Keep moving



Find silver linings



Learn coping mechanisms



Join a live training

Ulliance

Enhancing People. Improving Business.

CALL ► 800.448.8326

Ulliance offers free, confidential support & resources, including counseling, coaching, crisis with many resources to address stress and anxiety. The goal of the Life Advisor EAP is to help individuals achieve a healthy work-life balance.

For more tips on minding your mental health you can access our webinar library here <http://bit.ly/Ulliance-Webinars> or logon to <http://wsu.lifeadvisorwellness.com/> for many resources.

• **Managing Stress**
Tuesday, February 16, 2021
12:00 PM-1:00 PM EST **Register**

• **Emotional Wellness**
Wednesday, February 17, 2021
12:00 PM-1:00 PM EST **Register**

• **Mindfulness and Meditation**
Thursday, February 18, 2021 12:00 PM-1:00 PM EST **Register**

