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."

DEPRESSION
An Estimated 1 in 10 U.S. adults report depression

TREATMENT
Up to 80% of those treated for depression show an improvement in their symptoms within 4 to 6 weeks.

MENTAL HEALTH
56% of adults in the US experience a mental health challenge don't receive treatment

STRESS EFFECTS
77% of people experience stress that affects their physical health

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 can help- click to read more

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.

CALL ► 800.448.8326

• 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