

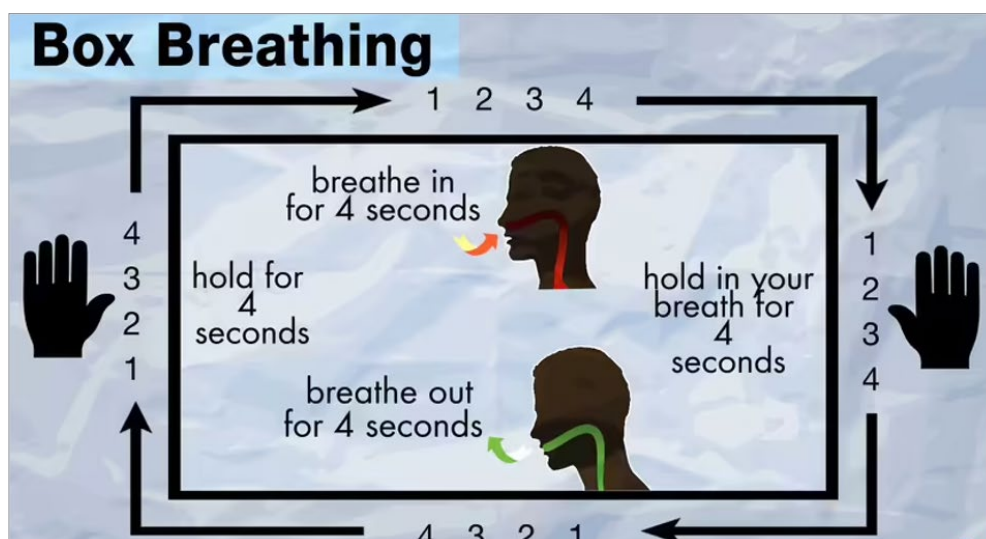
# MONTHLY WELL-BEING NEWSLETTER:

## EMOTIONAL WELL-BEING

Taking care of your emotional well-being should be your highest health priority. Struggling with your emotional health, can prevent thriving in other aspects of life.

### Stress Management Techniques

- + **Exercise:** Even a short walk can help reduce stress.
- + **Mindfulness Meditation:** Helps tune into the present moment and focus.
- + **Box Breathing:** Inhale (through the nose) for 4 seconds, hold for 4 seconds, exhale (through the mouth) for 4 seconds, hold for 4 seconds.



### Mental Health Quiz

There are still a lot of misunderstanding around mental health, this keeps some people from getting the help they need. Take this short [quiz on depression](#) or this [quiz on anxiety](#) to better understand your emotional health state. After the quiz, if you are concerned about your mental health or feel there is room to improve look for resources through your medical insurance provider or speak to your primary care doctor.

### Resources

- + Remember to look up what resources you have available through your medical insurance carrier. Many offer digital solutions, counseling and more.
- + If your company has an EAP program check out their free and confidential resources.
- + You can register for [live meditations](#) or check out our [recorded meditations](#).

Many people struggling with mental health issues turn to drugs and alcohol to cope. This will exacerbate the problem. If you are misusing drugs or alcohol, you can call 1.800.662.4357. It is a free and confidential resources to help you find local support services. You can find more information on at the [Substance Abuse and Mental Health Services Administration](#).