BE KIND TO YOUR MIND

Tips to cope with stress during COVID-19

PAUSE  Breathe, notice how you feel
TAKE BREAKS  from COVID-19 content
MAKE TIME  to sleep and exercise
REACH OUT  and stay connected
SEEK HELP  if feeling overwhelmed or unsafe

COVID-19 is not over and looks like it won’t be for some time. Now, during Mental Health Awareness month, it is more important than ever before to take care of your mental health. If you need help, call.

You can reach Best Care EAP counselors through the COVID COUNSELING HELP LINE 24/7 at 800-801-4182!