



Enhance your mental wellbeing

Focusing a few minutes every day on enhancing your mental wellbeing increases your resilience and helps you manage stress. It is never too late to start, even if this is something you have not done before.

Here are five tips to improve your mental wellbeing:

- 1. Practice mindfulness.** Living in the present moment without judgment can help you be more positive and better manage difficult situations when they arise. Practicing mindfulness or quieting your mind with meditation can help you to stop dwelling on the past or worrying about the future. Try physical routines such as Yoga, Tai Chi and Qigong to prompt mindfulness and focus on your breathing. You can learn to live your best life right now.
- 2. Take a break.** Find time to do things you enjoy in small increments. Read a book, sit outside, listen to a podcast or simply relax.
- 3. Spend quality time with friends and family.** When you are together, take time to learn more about each other and think about how you can be a better friend. You could practice a new skill together, explore a new neighborhood or try a new restaurant.
- 4. Prioritize sleep and healthy eating.** Maintaining a regular sleep schedule and practicing proper nutrition can help you in many ways. They work together to improve your mood and reduce anxiety. Find a calming routine at bedtime like reading, bathing or listening to music. Regularly choose nutrient-rich foods and include lots of fresh fruits and vegetables.
- 5. Accept your thoughts and seek help when needed.** It is okay to feel down when things are hard. Talking to people who care about you can help you feel better.

Contact your Employee Assistance Program at 1-866-580-9046 (TTY 711) or visit MagellanAscend.com for helpful resources.

