

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

May is Mental Health Awareness
Month

Millions of us have experienced a
mental health problem or seen a loved
one struggle.



During the pandemic, we faced isolation, turmoil and unrest, and a growing number of Americans experienced mental health concerns¹. We learned through this experience that we all struggle during challenging times and need support and access to care to thrive.

Whatever your situation, you're not alone. It helps to know that others are going through something similar and how to respond to these challenges. We've pulled together some ways you can leverage your daily habits to reset, restore and recover.

- **Reset by picking one small target for change.** If you're feeling stuck and something isn't working, pause and reflect: What specifically isn't working? Keep your solution simple and small: a 5 minute walk each day, for example, rather than an hour-long trip to the gym.
- **Restore balance by caring for yourself.** When our own basic needs go unmet, the rest of life quickly begins to feel overwhelming. Tune back into your own needs by prioritizing activities like mindfulness, physical activity, social connection, starting one of Learn to Live's wellness programs or even a bit of intentional relaxation (scrolling on your phone doesn't count).
- **Recover your wellbeing with social support.** As uncomfortable as it may be, ask for help. While it requires some vulnerability, gaining the support or accountability of a friend or family member can make all the difference as we change our habits.

We encourage you to try out the ideas above as you navigate the days ahead to see what works for you.

For more ways to manage your mental health and wellness, find us in the app store or visit learntolive.com/partners and use the code **MIIA**. You and your family members can take a confidential assessment, start a self-paced program, and even connect with a Learn to Live Coach.