

# LEARN TO LIVE BULLETIN

*Your guide in wellness & mental health*

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Take a deep breath and  
embrace peace

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National Stress Awareness is celebrated on Wednesdays in November (usually the most exhausting, stressful day of the week). This is to remind us that managing stress is fundamental for our own personal performance and happiness



Stress is an integral part of everyone's life whether you are a kid or an adult. Stress is a natural response to life demands on the body. Even though stress might be considered negatively, stress is not all bad. The stress that enables you to get your work done, exercise regularly, being disciplined and responsible are good for you! It's when stress starts overwhelming you, that it can affect your mental wellbeing and can easily exhaust you emotionally and physically. It goes on to affect your work quality, maintaining relationships, and every other aspect of your life.

If you're feeling worn out and like you're becoming less effective at work—it might be time to take a closer look at boundaries. It's important to designate relaxation time.

- Go for a walk
- Take a lunch break away from your desk
- Devote time to activities outside of work that you're passionate about

Give yourself the tools you need to avoid burnout or to enjoy work again. The Learn to Live program on depression teaches useful strategies like behavioral activation, mindfulness, active problem solving and setting healthy boundaries. You can also join us for a live webinar on *Managing stress and worry in uncertain times* on Tuesday, November 9<sup>th</sup> at 4pm CST/5pm EST, register [here](#) (code MIIA).

MIIA has made the Learn to Live assessment and programs available free of charge all year long for anyone experiencing signs of anxiety, worry, low mood, or inability to sleep. You or a family member (age 13+) can visit [learntolive.com/partners](https://learntolive.com/partners) and use the code **MIIA** to take the assessment and find out which of our programs is the best fit.