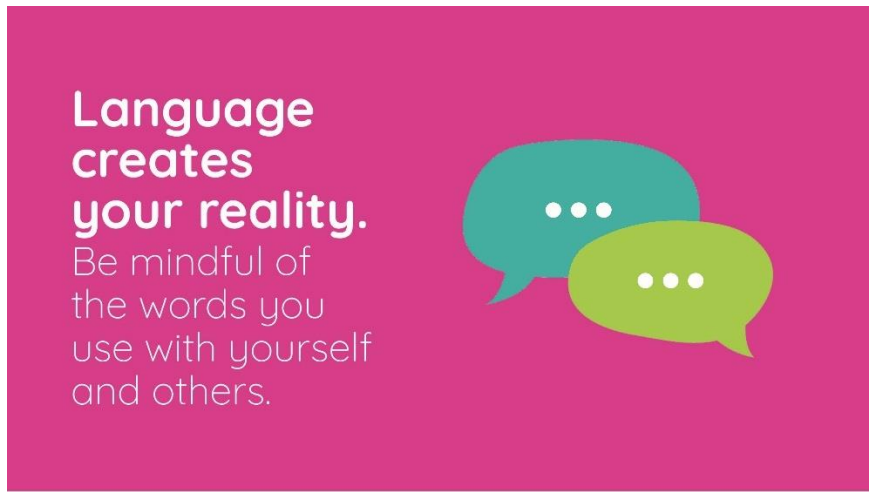


CLEAR HEALTH BENEFITS UPDATE

Mark your calendar, next Thursday October 10th is **World Mental Health Day**! A day that focuses on raising awareness about mental health, reducing stigma, and promoting better access to mental health care for people worldwide. This year’s theme: *It’s Time to Prioritize Mental Health in the Workplace*.

Here is our “Wellness Wednesday” tip of the week!



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With summer coming to an end and fall just around the corner, most of us are trying to get back into our “routine” and finding some sort of healthy work-life balance in the process. We all struggle. We all have stress. In keeping with this weeks “Wellness Wednesday” tip, don’t just tough it out. Ask for help!

Additionally, attached below is a worksheet from our CMHA *NotMyselfToday* program that helps identify job-related stressors as understanding how to manage our stress at work is a great place to start in managing our overall stress levels.

Identifying Job-related Stressors

CHB QUARTERLY – SEPTEMBER 2024

For a copy of the CHB Quarterly please click [here](#).