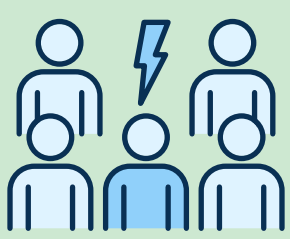


Taking Charge of Your Mental Health

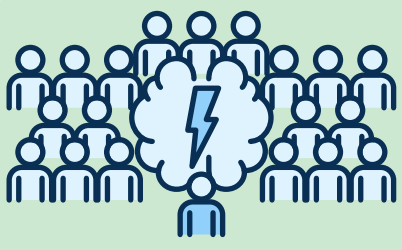
Mental health—your mental and emotional well-being—can change over time due to factors like workload, stress and work-life balance. While mental health is always there and may be positive or negative, mental illness is a diagnosed condition that affects a person's ability to function in daily life. **Mental illnesses are some of the most common health conditions in the United States.**



50% of the population will be diagnosed with a mental illness at some point.



1 in 5 adults will experience a mental illness in a given year.



1 in 20 adults live with a serious mental illness, such as schizophrenia, bipolar disorder or depression.

While **Mental Health Awareness Month** sets the momentum in May, maintaining a focus on mental health throughout the year ensures continuous support and reduces stigma for those living with mental or behavioral health conditions. Your overall well-being is connected to your mental health, so here are some strategies to help you thrive year-round:



Create healthy routines.

Healthy routines include eating a nutrient-rich diet, exercising and getting enough sleep. Start with small changes.



Own your feelings.

It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



Connect with others.

Connections help enrich your life and power you through challenging times. Connect with and lean on your support group.



Cultivate gratitude.

Practicing gratitude is linked to improved mental health. Consider keeping a gratitude journal, meditating or making a point to thank people in your life.

Confidential 24/7 resources are available if you are worried about your mental health.

The SAMHSA's **National Helpline** (800-662-HELP) offers referrals to treatment facilities, support groups and community-based organizations. You can also call or text 988 to be connected to trained counselors at the **988 Suicide and Crisis Lifeline** who will listen, connect you to resources or dispatch emergency services if necessary. You can also reach out to a doctor to discuss any concerns.

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