



# 2024

## REFRESH YOUR MENTAL HEALTH IN THE NEW YEAR!

**The new year is a great time to focus on your mental health and wellbeing. Here are 5 tips to help you reset and prioritize your mental health in the coming year:**

As we enter into the year 2024, many of us are feeling the weight of the past few years on our shoulders. The COVID-19 pandemic, political and social unrest, and personal challenges have left many feeling drained and hopeless. However, the new year brings with it the opportunity for a fresh start. A fresh start can mean different things to different people. Whatever it means to you, the key is to approach it with a positive mindset and a willingness to embrace change.

### 1. SET REALISTIC GOALS

Your mental health goals should be achievable and realistic. Setting unattainable goals will only lead to disappointment and frustration. Instead, focus on small, incremental changes that you can make to improve your mental health.

### 2. PRACTICE SELF-CARE

Self-care is essential for good mental health. Make time for activities that you enjoy, such as reading a book, taking a walk, or practicing yoga. It's also important to prioritize good sleep, healthy eating, and regular exercise.

### 3. SEEK SUPPORT

Don't be afraid to reach out for support when you need it. This could be in the form of talking to a friend, family member, or mental health professional. Support groups and online communities can also be a great resource.

### 4. MANAGE STRESS

Stress can have a significant impact on our mental health. Practice stress-management techniques such as deep breathing, meditation, or mindfulness. It's also important to identify and avoid sources of stress whenever possible.

### 5. PRACTICE GRATITUDE

Gratitude can help shift our focus from negative thoughts and emotions to positive ones. Take time each day to reflect on the things you are grateful for, whether it's a supportive friend, a beautiful sunset, or a good cup of coffee.

CorpCare's Employee Assistance Program is here to help. If you are interested in adding confidential, caring, professional assistance for your team, call

877.843.6036

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