

Take the time to ease your mind for Mental Health Awareness Month

Mental Health Awareness Month continues, and we've got even more great things in store to help you take care of your well-being. This week, we're covering Mindset & Stress Management. Click to find helpful tips and a link to our meditation session with Happy Melon. #MentalHealthAwareness

With more of us working from home now than ever, it's become difficult to disconnect and focus on our mindset and stress management – and that's not exclusive to employees working remotely. Whether you're in the office day-in and day-out, or are flexible in your workspace, it's easy to erode the lines of a work-life balance among all the other stress and pressures we face in our daily lives.

Here are a few things you can do to help manage your stress, courtesy of the Mayo Health Clinic:

- **Use guided meditation.** This is a great way to distract yourself from anything going on in your life, be it work or personal. We can even help you get started – [check out our recording from our session with Happy Melon.](#)
- **Maintain physical exercise and good nutrition!** Keep moving and eating well to take care of your body. Need a way to get started? We've got you covered:
 1. [Check out our recording from yoga with Maggie Umberger](#)
 2. [Check out our Body Burn session with Amanda Mirach](#)
 3. [Check out our Mindful Eating session with Sarah Phillips](#)
- **Practice deep breathing.** Deep breathing helps reduce activity for your sympathetic nervous system, which responds to threats. Inhale over a count of five, hold for two and release over a count of five to help reduce stress and anxiety.
- **Manage social media time.** Take a breather from your screen to visit with friends, enjoy the outdoors or read a great book.
- **Connect with others.** Engage with family, friends and coworkers to help create and maintain your own support system and theirs. For example: [take an hour this month to meet up with a few of your colleagues](#) in person!