



Good health is important—for your body and mind!

When most people think about their health, they often first think of their physical health. While it’s very important to take care of your body through exercise, nutrition and staying up-to-date on preventive care, what they may not consider is their mental health – the health of their mind. Research shows that our mental state (thoughts, emotions and beliefs) can affect our physical health and vice versa.

Your Wellness Program offers a wide range of resources to help you improve your mental health.

Wellness Coaching

Connect with a Wellness Coach to help you reduce stress, become more mindful and more.

Unsure where to begin with coaching? Try our **Stress Less Jump-Start Program** to learn how to find time to unwind and live life in balance using a clear plan created by you and your Wellness Coach.

Challenges

Try personal challenges that can help you with mental health such as:

- Meditation
- Month of Marvelous
- Unplugged
- Random Acts of Kindness

Workshops

We have three workshops to help you on your way to better mental health:

- Strengthening Your Resilience
- Stress Management
- Becoming More Mindful

Trackers

Try these trackers to build a stronger mind:

- Kindness
- Meditation
- Reduce screen time
- Resilience

Learn more about all of these well-being tools and more on our Mindfulness and Stress Management curated resource page!



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