

NEWS/UPDATES

MENTAL HEALTH WEEK
May 3rd – 9th 2021

Don't forget to create a profile on our member portal and ensure you are subscribed to our mailing list!

ACCESS THE NEW PORTAL:
humanacare.com/humanalife
Enter access code: humanacare

ACCESS THE NEW MOBILE APP:
Scan this QR Code or visit humanacare.com/humanalife from your mobile device.



ACCESS HUMANACARE
24 HOURS A DAY, ANYWHERE
IN NORTH AMERICA.

1-800-661-8193

www.humanacare.com



Emotional wellness

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

The last 12 months has been full of changes and challenges which has been trivial for most if not all people. There have been so many adjustments and requirements and protocols set into place for us to follow. Somewhere along the line, many of us have forgotten to focus on ourselves and more specifically, our emotional wellness. Forgetting to put a focus on this can leave us feeling anxious, stressed and sometimes, feeling isolated and alone. The good news is that you can make small changes to turn this around and make a positive impact on your overall emotional wellness.

Examples of Emotional Wellness Activities



Ensuring adequate sleep each night!

Set an alarm on your phone to go off each evening to ensure you start unwinding from your day with enough time to be in bed! Ensuring you get enough sleep will help you feel your best and be able to handle what the day ahead brings.



Exercise!

Move your body for a minimum of 30 minutes each day. A brisk walk is enough to encourage those endorphins to kick in.



Set priorities!

Determine what needs to get done and what can wait for another day. If it's not a priority, it can wait.



Think positively!

There is always a way to switch a negative mindset by putting a positive spin on things. Try it the next time you find yourself with battling with a negative thought.



Try practising a daily relaxation method!

Following a guided meditation video is a great example of practising mindfulness and learning to relax. Even a short 5-minute video will help balance your mood and slow your breathing. There are many free videos available online. Try to do this everyday or when you find yourself feeling stressed during the day. A 5-minute reset is a great way to get your mind back in the game.



Seek professional support.

Call HumanaCare and speak with one of our intake specialists to allow us to help get you the support you need to navigate this challenging time.