



Mental Health Matters:

What mental health needs is more sunlight, more candor, and more unashamed conversation.

Mental health is a basis of overall well-being, influencing how we think, feel, and navigate daily challenges. Prioritizing mental health is not just about surviving the demands of work but thriving in both personal and professional life.

When employees prioritize their mental health, they are better equipped to handle challenges, foster positive relationships, and maintain focus and productivity at work. When we neglect our mental health, this can lead to stress, burnout, and decreased engagement, ultimately impacting team dynamics and organizational success.

While going for a walk can help an individual feel better in a time of crisis, for someone else, the ticket to improving their mental health may be to watch a movie. There is no one-size-fits-all. Five effective ways to improve mental health include practicing mindfulness, connecting with others, engaging in regular exercise, prioritizing good sleep, and practicing self-compassion. This can help you manage stress, lower your risk of illness, and increase your energy.

Employee Assistance Program (EAP) included as part of our medical plan. Services include six free counseling sessions per person, per incident, for various issues like relationship problems, anxiety, depression, grief and loss, and work stress. The program offers a range of services to support your mental health, emotional well-being and life-balance needs.

If you have any questions about the EAP, call ComPsych Guidance Resources at 1-800-922-2687. You can also always reach out to Regence Customer Service or sign in to your regence.com account for more information.

DHR offers a Wellness Awareness Course that offers activities, strategies, and plans to help participants understand, recognize and manage stressors. Participants will recognize the importance of self-awareness, demonstrating resilience, concerns with burnout, and intentional wellness planning.

Register in Luma L&D - DHR_000049 - June 18, 2025, 8:30am to 12:00pm (MST) (Online)

10 POSITIVE MENTAL HEALTH HABITS

THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS

- ♥ **Talking** - By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support.
- ♥ **Thinking Errors (Journaling)** - Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles.
- ♥ **Mindfulness** - Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment.
- ♥ **Challenging Thoughts** - Challenging unhelpful thoughts can be useful technique for helping to provide you with accurate, realistic and more helpful thoughts.
- ♥ **Connecting** - Connecting with friends and family on a regular basis can help boost mood and reduce stress.
- ♥ **Relaxation** - Scheduling time for yourself where you can relax is important for your overall wellbeing.
- ♥ **Strengths** - Identifying and working towards your strengths daily will provide you with an extra sense of confidence.
- ♥ **Values** - Staying connected to your values and things that are important to you will help provide you with a sense of meaning.
- ♥ **Exercise** - Engaging in regular exercise can support you to feel better and less stressed.
- ♥ **Problem Solving** - Problem Solving can help reduce worry and provide you with a practical solution to any problems you are facing.

