

GET ACTIVE

Workplace Wellness

One in five American adults may experience a mental health issue. Below, find ways to practice living your most healthy life.

TAKE TIME FOR YOURSELF

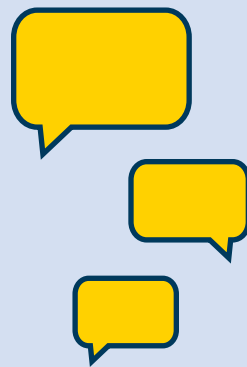
It's important to remember to relax and take breaks. Healthy eating can help you cope with high levels of stress. Exercise can also be a huge stress buster by helping your mood, sleep and other conditions.



UNDERSTAND SYMPTOMS

Understanding mental illness is key to living with it:

- Educate yourself so you can speak up and help others understand mental health issues.
- Show empathy for others by listening without judgment.
- Identify your triggers and conquer your fears.



TALK ABOUT IT

Take time to share your experiences with others. The benefits are two-fold. While noting your experiences and reducing your own stress, talking through things also helps to destigmatize mental health issues for others.

ASK FOR HELP

Don't isolate yourself from others. Allow your friends, family and coworkers to understand what you're going through. Reach out to others who can help you navigate through your experience.



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