

# Employee Assistance Program *Tip Sheet*

## Emotional Wellness Toolkit

As the new year approaches, it's a good time to take stock of your overall mental health. If you're finding it hard to bounce back from difficult times or handle life stressors, the following tips can help.



This year, commit to making improvements in the following areas to support your emotional wellbeing:

- **Build Resilience.** Try to look at your problems from different angles. There is often a way to reframe challenging situations.
- **Reduce Stress.** It's impossible to remove all stress from life, but learning healthy ways to cope with everyday stress is important for physical and mental health. Schedule regular times for relaxing activities and seek help if your stress is interfering with your life.
- **Get Quality Sleep.** Lack of good quality sleep can take a huge toll on physical and emotional health. Assess your sleep habits and consult a health care professional if you have unresolved sleep issues.
- **Be Mindful.** Engaging in mindful activities can improve quality of life and emotional health by grounding individuals in the moment, reducing stress and giving our nervous systems a break.
- **Apply Self-Care Practices when Coping with Loss.** Take care of yourself if you have experienced a loss by talking to caring friends, being patient with yourself, and finding a grief support group.
- **Strengthen Social Connections.** Use this year to find one activity to share with someone else.

If you've been putting off seeing a counselor, make this the year you make time for yourself. Reach out to your Employee Assistance Program to get started.

Reference: National Institutes of Health. Emotional Wellness Toolkit. <https://www.nih.gov/health-information/emotional-wellness-toolkit>



### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**  
1.800.833.3031

**WEBSITE:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)  
Code: IOWA



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