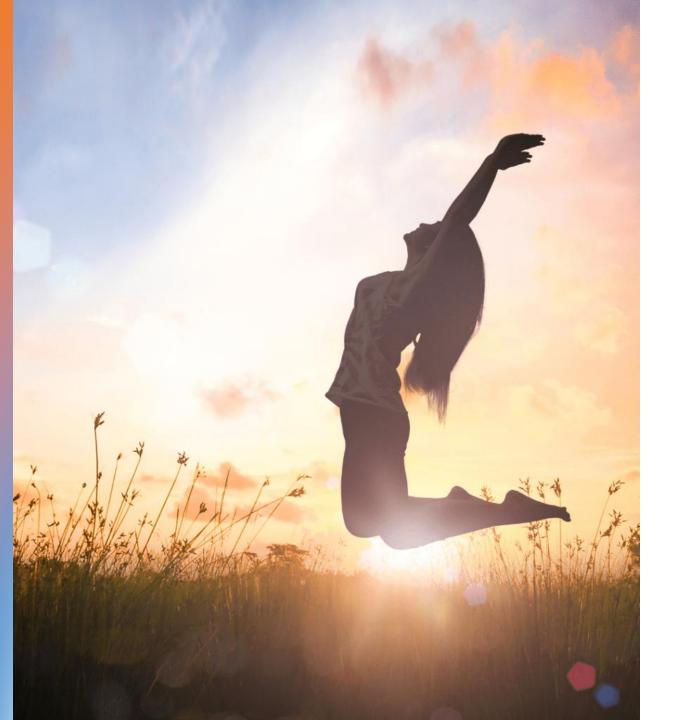


July - Wellbeing for the Summer

Summer is a great time to invest in lifestyle habits and support your mental health.

For free and confidential counseling resources, contact your local ESSP Representative or CDRs: Hourly – Carelon Behavioral Health: 800-227-9622







How the summer affects mental health

One of the main ways the summer can help with mental health is through the sunshine.

- Increased sun exposure boosts vitamin
 D levels, and can even improve mood,
 leading to better mental health.
- The sun also helps your body produce more melatonin (sleep hormone) at night, allowing you to sleep better and overall feel better.

Strengthening Mental Health in Summer - Centerstone

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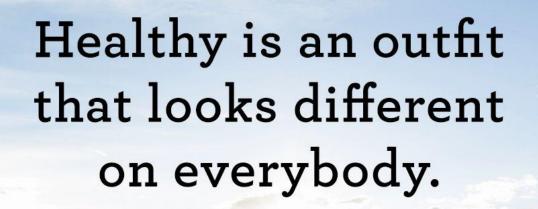
Use Summer to Set Healthy Habits

Summer is also a good time to set healthy habits and prepare for the coming months that are colder and less energizing.

- <u>Set boundaries.</u> Prioritize opportunities, say no to some, and take needed breaks.
- <u>Set a sleep schedule.</u> Be consistent for adequate sleep; consider sleeping soon after dark.

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Set Healthy Habits - Cont'd.

- Engage in physical activity. Use warmer weather for outdoor exercise and establish active habits now to stay active later.
- <u>Involve family</u>. Family participation in setting healthy habits can build stronger bonds and collective coping skills.
- <u>Have fun!</u> Balance routines and selfcare with fun and responsibility.

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If you're struggling...

For free and confidential counseling resources, contact your local ESSP Representative or CDRs:

Hourly

Carelon Behavioral Health: 800-227-9622

Salaried

Lyra Health: 877-207-9822

