

TAKE A TIME OUT FOR MENTAL HEALTH

Make your mental health a priority this month.



May is Mental Health Awareness Month

If you're feeling more overwhelmed than ever before, you're not alone. During 2020, rates of stress and anxiety in the U.S. skyrocketed.* Take time this month to learn and practice skills that help you stay emotionally healthy and manage stress.

You have a variety of mental health resources through GDBIW that support you and your family in being your best.

Call **Life365** for free, confidential support, 24/7, at **877-622-4327** or go to **myCigna.com**. You and your household members get 8 free sessions per issue, per year with a licensed counselor at no cost.

Three reasons to focus on mental health:

1 You'll feel physically healthier.

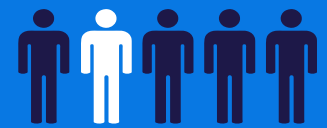
Your mind and body are connected. When you care for your mental health, you'll experience physical benefits. When you avoid or ignore emotional care, you're putting your total well-being at risk. People living with a serious mental health condition have an increased risk of life-threatening health issues, such as stroke or cancer.

2 You'll manage stress better.

Stress is our body's response to pressure in everyday situations. It's how we cope with emotional challenges. But, stress also increases the risk of chronic illness. By actively managing our emotional well-being, we can reduce stress and lower our overall health risks.

3 You'll be in good company.

When you're not feeling your best, you may withdraw from family and friends, trying to keep emotional struggles hidden. When you talk with others about what you're going through, you help normalize emotional well-being. This can reduce stigma, so others are comfortable opening up and getting support, which helps all of us live better.



1 in 5 adults in the U.S. experience a mental health condition each year.

Source: National Alliance on Mental Illness

About **75%** of people who participate in talk therapy experience some benefits, such as **making healthier choices** and **developing strategies** to manage stress and anxiety.

Source: American Psychological Association

If you do one thing in May, try a new mental health hack. Try some deep breathing exercises or call an old friend. Identify an activity or action you can adopt to help you boost your mental health.