



Available 24/7 365 Days a Year

Covenant Mental & Emotional Support Line
(888) 838-9204



HOW CAN I BEST PREVENT POTENTIAL MENTAL HEALTH ISSUES?

By Luba Bijelic, MA, LMHC, NCC

Maintaining good mental health is essential for overall well-being. While there isn't a "perfect" or one-size-fits-all approach to preventing mental health issues, there are several strategies you can incorporate into your life. These tips can help you protect your mental health and improve your overall quality of life.

Engage in Mindful Behavior

Practicing mindfulness can have a profound impact on your mental health. By being fully present and aware of your thoughts and emotions, you can learn to respond to situations rather than react impulsively. Mindfulness can include activities such as meditation, deep breathing exercises, or simply taking a few moments to observe your surroundings.

Avoid Reactive Judgments

Instead of immediately passing judgment on how you feel, take a step back and try to understand the root of those emotions. By refraining from making reactive judgments, you can gain a better understanding of your emotions and respond to them in a more constructive way.

Focus on the Little Things

In the hustle and bustle of everyday life, it's easy to overlook the small joys. Take a moment each day to appreciate the simple things that bring you happiness. Whether it's savoring a cup of coffee in the morning, enjoying a beautiful sunset, or spending time with loved ones,

focusing on these small moments can help improve your mental well-being.

Embrace Impermanence

Unpleasant circumstances are a part of life, but it's important to remember that they won't last forever. Accepting the impermanence of challenging situations can help you navigate through difficult times with resilience and a sense of hope.

READ THE REST OF THE LIST...

PRIVATE EAP MEMBER PORTAL

Mental Health and Wellness For YOU

DID YOU KNOW that you have unrestricted access to exclusive mental health and wellness content, resources, and support all within your EAP member portal?

Check out our latest expert answers to *your questions*, nutrition *infographics*, plus recommended *podcast episodes*.

Create your FREE account today!

Already have an account? **Sign in** and see all the new content this month!

To create your **EAP account** in the member portal, simply follow the instructions below to begin accessing a broad selection of mental health and wellness resources.

1. Click **HERE** to create your account.
2. Enter your organization's unique *Company Code* (provided separately to your account administrator to share with you).
3. Share this information with your immediate family members within the household.
4. Begin exploring all the mental health and wellness resources available to you!

*Your Lifestyle EAP member portal tutorial video that provides all this information can be watched **here**.*



This Month's Challenge

Unlock Your Wellness With
September's Stretching Challenge

[LEARN MORE →](#)

In the hustle and bustle of modern life, it's easy to get caught up in our work routines and neglect the well-being of our bodies and minds. But what if we told you that taking just a few minutes each day to stretch and open up your body can have a profound impact on your overall wellness? Welcome to the *September Stretching Challenge*, a journey to rejuvenate your body through simple, yet effective stretches that you can seamlessly integrate into your workday. This challenge isn't just about physical flexibility; it's about cultivating mental clarity, relieving stress, and enhancing your overall quality of life.

Sign in to keep reading and learn more.



ACCESS YOUR EAP COUNSELING SESSIONS TODAY

- Contact us either of the following ways:
 - Fill out the *Schedule an Appointment* form located in your Lifestyle EAP member portal account anytime.
 - Call us at (833) 434-1335 | Mon - Fri, 8am - 5pm CST
 - Share your name, phone number, email, and any preferences you may have.
 - Our team will work to get you (or your family member) matched and scheduled with one of our EAP counselors right away!
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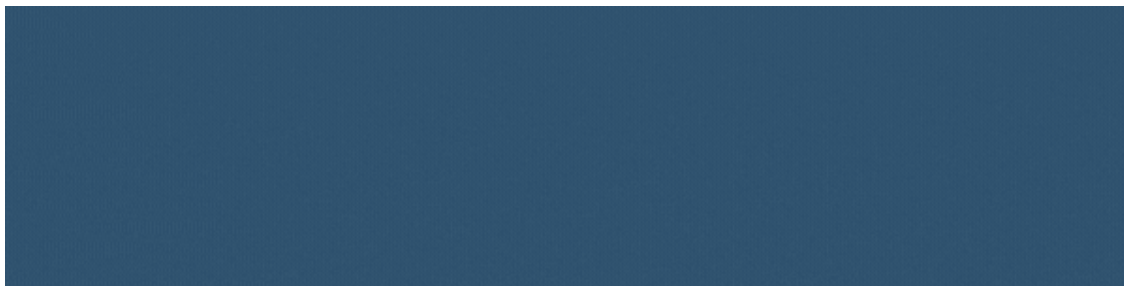
FEATURED WORKSHEET TOOLKIT: *IMPROVING YOUR SELF-ESTEEM*

- Visit the **Self-Help Resources** section of your personal Lifestyle EAP member portal to download this worksheet and all other worksheet toolkits that you find valuable.



HOW TO ACCESS YOUR SELF-HELP COURSES

- Visit the **Self-Help Resources** section of your personal Lifestyle EAP member portal to connect directly to the self-help course media library!
- *Remember to use your company's unique promo code when setting up your account.*





JUST ADDED!
**3 STEPS FOR PREPPING (AND LOVING)
 YOUR VEGGIES!**

Use this handy chart to learn more about vegetables, how to prep them, and what to try —no matter what your starting point may be.

Sign in to keep reading and learn more.



At Covenant Workplace Solutions, we walk beside individuals and families on their paths to complete wellness. We hope this new newsletter will help in some way, big or small. Please note, the information in this newsletter and on our website is not a replacement for personal medical advice.

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