



January is Mental Wellbeing Month

# Nurture your mental wellbeing

Having mental wellbeing means being content, highly capable and engaged in life. It includes having a sense of purpose and a positive attitude, plus enjoying fulfilling relationships and activities.

Here are four tips to boost your mental wellbeing:

- 1 Maintain a positive view of yourself.** Challenge negative thoughts and replace them with self-empowering statements such as, "I've got this!"
- 2 Discover your purpose.** While you do not need to change the world, think about the difference you want to make. Identify what truly matters to you and take steps to make an impact.
- 3 Foster healthy relationships.** Build connections with others based on mutual respect, empathy and trust.
- 4 Find your flow.** Engage in activities that you are passionate about and that bring you joy.
- 5 Enjoy your accomplishments.** When you achieve goals, recognize the hard work that helped you get there.



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