

# Your mental health matters

May is mental health month, and now more than ever it's important to focus on developing mental health habits like creating healthy routines, connecting with others, and seeking help when you need it.

## What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

## How can I help my mental health?

No one should feel alone or without the support they need. Staying connected to others and your community, and making time for things you enjoy, can help your mental well-being. For more information and links to resources, join the **"May is Mental Health Month" activity** from May 1 to 31 in SmartHealth.

### What is SmartHealth?

**SmartHealth** is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.

Smart  Health

*Supporting you on your journey toward living well*

