

How do you take care of your mental health at home and in the workplace?

Mental health is essential at every stage of life and impacts how we connect with others, make decisions, handle stress, and many other aspects of our daily life.

Mental health and financial issues often go together. So, it's no coincidence employees report a higher level of satisfaction with their mental health when financial situations are manageable or they're on track to meet long-term financial goals.¹

Mental health and financial stress can seem overwhelming, yet there are things you can do so that you worry less:

- Communicate with those around you
- Accept yourself for who you are
- Drop the guilt
 - Don't worry about saying no or reprioritizing if it means you will be in a better place mentally
- Write out your goals
- Plan for the future (and take action)

To make yourself better and stronger, manage your stress so you can adapt and grow. If you start taking steps now, you'll soon discover you have more control than you realized.

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1. In collaboration with Ipsos, a third-party research firm, we conducted an online survey of 3,502 full-time employees with access to employee benefit programs at their current place of employment, November 2021.

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