



# DECEMBER

## Keep the Momentum Going into the New Year

### Take Control of Your Mental Health in 2020

2020 may not have been the year we planned, but we are finally nearing the home stretch! You have faced uncertainty, adapted to unforeseen changes, and are dealing with an abnormal holiday season — but you have made it to today and that is an accomplishment in itself. As we approach the new year together, let's reflect on lessons learned, where our gratitude should reside and identify practices we can implement that will propel us into 2021 as stronger and healthier individuals.

#### RESOURCES TO CONSIDER

- Ask about an Employee Assistance Program (EAP)
- Inquire about mental health benefits
- Find the right mental health professional
- Talk to your manager or supervisor about your workload for 2021
- Take advantage of carrier resources available to you
- Look into health and wellness programs offered by your employer

#### EDUCATE YOURSELF

Successfully balancing work, a social life, and your health plays into your overall well-being and mental health. Find time to invest in becoming a healthier you. For example:

- Identify self-care exercises that you find impactful
- Practice an at-home physical exercise routine
- Develop healthier eating habits and experiment with nutritious recipes
- Eliminate sources of stress and reach out to someone about your struggles

By building these feel-good practices into your daily routine, you can begin to put yourself into a better headspace, which will ultimately benefit you and those around you. In 2021, you may choose to focus on the needs of your family, dedicate your energy to demanding social change or to helping those in need. Whatever or wherever you choose to invest your time in the new year, prioritize you, your mental health and your well-being first and foremost. Before you can help others, you must first help yourself.

Remember, Creative Benefits, Inc. is your resource for all your benefit-related needs. If you wish to learn more about your mental health coverage or additional resources available to you, please don't hesitate to reach out to our Employee Service Representative "ESR" Team at **844-231-8414** or [esr@creativebenefitsinc.com](mailto:esr@creativebenefitsinc.com).

*Wishing you a happy, healthy, and safe New Year!*