

IT DOESN'T HAVE TO FEEL LIKE WORK



Work: the word itself feels hard, not enjoyable, maybe even stressful. Promoting mental well-being in the workplace can reduce burnout and turnover and increase efficiency. Here are three tips to help you start improving your mental health:

IMPROVE YOURSELF PERSONALLY AND PROFESSIONALLY

Finding ways to grow, both in your work life and in your personal life, can help you find fulfillment.

- Identify skills or tasks at work and home that you enjoy, interest you or you think would be helpful to have, and build on them
- New skills, talents and passions can help you find where you fit best and the work you most enjoy doing. It can lead to new connections, promotions and more joy in your life.
- Volunteering is another great way to do something with meaning. Talk to your supervisor about opportunities to volunteer or give back.



BUILD YOUR OWN SUPPORT NETWORK

Stress and unhappiness can feel lonely. It's important to have people in your life who you can go to when life feels hard.

- At work, reach out to your co-workers, even if you work remotely. When you have a good relationship with the people you work with, the days and the work are easier.
- Keeping your camera on in virtual meetings can help you build and strengthen connections
- Outside of work, friends and family can be a huge comfort in times of stress. Don't forget to spend time building these relationships, too.



[BCBSND.com](https://www.bcbnsd.com)



Mental and physical well-being is necessary for keeping yourself happy and healthy.

TAKE CARE OF YOURSELF

You've heard it before because it really does make a difference: self-care. Taking care of your mental and physical well-being is necessary for keeping yourself happy and healthy.

- Get enough sleep, eat healthy and balanced meals, stay hydrated, get at least three to five hours of exercise a week and make time in your life for activities you enjoy
- Use the tools included with your BCBSND health plan like online therapy, the online wellness center, coaching and more. Visit the [Learn to Live website](#) or download the app (use code BLUEND) to get started. If you're already a member, just log in to your account to start or continue a program.

Sources: Fortune, Gallup, McKinsey

If you're worried about yourself or a loved one, trained counselors are ready now. The National Suicide and Crisis Lifeline is free, confidential and open 24/7. Call or text 988, or chat at 988lifeline.org.



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
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