Employee Wellness Toolkit | January 2025  
**Premera Plan Members**

**EMAIL ARTICLE**

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A person watering plants on a table

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**Everyday Habits for Improving Mental Wellness**

Mental wellness is about more than just feeling good. It’s about creating healthy, sustainable habits that support your mental health in the long term. Here are some practical tips for maintaining mental wellness, even when you may not feel your best.

1. **Foster Your Social Health:** Loneliness isn’t just a feeling – it can be a potential health risk. Research shows that maintaining your social connections can help reduce stress, anxiety, and even risk of heart disease. It’s not always easy to make time for social activities, so take small steps. Reach out to an old friend or join a community that specializes in one of your interests to get started.
2. **Spend Time in Nature:** It might be tempting to stay inside during the winter months, but spending time in nature is a proven method for improving mental health. Try taking short walks in your local park and taking advantage of good weather days for increased sun exposure. You can even bring the benefits of nature inside by starting an indoor garden.
3. **Explore Your Creativity:** Creative expression is a powerful method for maintaining your wellbeing. Artistic pursuits such as painting, songwriting, or poetry offer a productive outlet for your internal thoughts and can help you process your life experiences while also providing a sense of joy and accomplishment.
4. **Find Moments of Rest:** Proper rest is an often-overlooked part of sustained mental wellness. Try to find moments throughout your day to rest and recharge – and remember to prioritize your sleep. Experiment with activities like yoga, meditation, and deep breathing. Learn what feels restorative to you!
5. **Consider Professional Support:** Sometimes, you need a mental health professional to help with your wellness goals. Therapists, counselors, and psychiatrists can provide guidance and tools that are tailored to your specific needs. Thanks to options like telehealth, these services are more accessible than ever.

Mental wellness is a lifelong journey, but it’s made of small, intentional choices that support your wellbeing one day at a time.

**RESOURCES**

[The Power of Connection](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2024-10)

[New Era of Mental Health in the Workplace Webinar](https://seattlemetrochamber.zoom.us/webinar/register/WN_QjjBQRhUTseHc9LFtW0HvQ#/registration)

**ALWAYS THERE FOR YOU** | Your Mental & Behavioral Health Benefits

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](https://www.boulder.care/get-started)
* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

A person watering plants on a table

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**Help is a phone call away.**

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