

Uprise Health May Newsletter

Independent Health:

Mental Health in the Workplace

Discusses the impact mental health has on family and work, when to seek help, and available resources.

Healthy Habits That Can Improve Your Mental Health

Examines what a habit is, how habits can impact your overall health, and how starting small leads to bigger changes.

Mindfulness

Focuses on peace of mind and balance, with tips on achieving a state of active and careful attention on the moment.

Stress Management and Psychological Well-Being

Explores 6 factors of psychological well-being, the need for self-care, and ways to manage stress and emotional health.

Understanding Substance Use Disorders & Addiction Part 1

Discusses common substance use disorders, how to recognize the signs, prevention, treatment and resources.

Understanding Substance Use Disorders & Addiction Part 2

Focuses on the impact of substance use, how to begin the conversation, treatment options and resources for recovery.

Additional information from Independent Health can be found on the [Mental Health and Substance Use web page](#) which provides access a broad list of local providers offering immediate help, treatment services, community services, self-help tools and more.

Mental Health Minute

Live Well Work Well Newsletter – May 2023