

77%

of People Have Experienced Work-Related Stress in the Last Month

Mental Health Matters

Mental health—your mental and emotional well-being—can change over time due to factors like workload, stress and work-life balance. Your overall well-being is connected to your mental health, *so here are some strategies to help you thrive year-round:*

- Create healthy routines
- Own your feelings
- Connect with others
- Cultivate gratitude

