

Six pillars of well-being

Find resources for the six pillars of well-being at [BSWHealth.com/Benefits/LiveWell](https://www.bswhealth.com/Benefits/LiveWell)

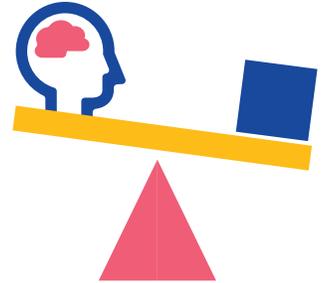
PHYSICAL



Taking care of your body helps take care of your mind. Stand up from your desk and stretch, take a five-minute walk, eat a balanced snack, and drink some water.

EMOTIONAL

Balancing your mental health at work can be tough, but it's important to prioritize your overall health and work. Take a five-minute break, do a quick **Headspace** meditation, step away from technology and take a deep breath.



PROFESSIONAL



Investing in your professional growth is an important part of your mental well-being and helps keep you motivated and inspired at work. Consider your higher education options with Guild, set professional goals and talk to your manager about growth, experience and professional fulfillment.

FINANCIAL



Financial stress can play a part in your ability to live well. Take control of your finances by utilizing all of our **Empower** resources, setting a budget, or taking advantage of savings opportunities through our discount marketplace.

SOCIAL

Having social interactions and good communication at work is key to reducing stress. Try and make a new friend or catch up with a colleague from another department, join a Viva

Engage group, or try a Well-being Interest Group (WIG) meet-up.



SPIRITUAL

Spiritual health impacts our overall mental health. Take a minute to pray or set intentions, connect with your spirituality during a stressful moment, or plug into our spiritual resources on [BSWHealth.com/Benefits/LiveWell](https://www.bswhealth.com/Benefits/LiveWell).

Six pillars of well-being CONTINUED

CHECK IN WITH YOURSELF

Q: Does my stress feel manageable?



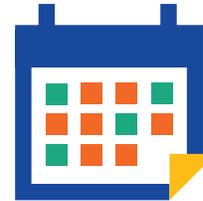
Q: Do I have a strong support system?



Q: Have I felt more overwhelmed than usual?



Q: Do I have more bad days than good?



RESOURCE LINKS

- Employee Assistance Program (EAP)
- Behavioral Health e-visits
- Free Well-being coaching
- Peer Support
- Lyra
- Headspace
- Mission & Ministry

IT'S OKAY TO NOT BE OKAY

Your mental health is just as important as your physical health! Having a plan in place is important and can look like:



Checking in with friends regularly

Scheduling mental health breaks



Working with a licensed counselor

Maintaining healthy habits for your body



IF YOU ARE EXPERIENCING A CRISIS



Dial 911 or 988 to reach the National Suicide and Crisis Lifeline.