

WHY IS MENTAL WELL-BEING IMPORTANT?

Your mental well-being is tied directly to your physical health. Individuals with poor mental health or untreated mental illness are at risk of developing many chronic conditions like type 2 diabetes, stroke, heart disease and obesity.



Poor mental health can also cause negative effects in your work life as well as in your social life. If you have poor mental health, you may experience productivity issues at work and may experience withdrawal or feelings of loneliness.

How can you improve your mental well-being?

Because it's such a crucial component of your health, it's important to focus on maintaining or improving your mental health.

Here are three simple ways to do so every day:

1. **Express gratitude.** Taking five minutes a day to write down the things that you are grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive.
2. **Get exercise.** You probably hear all the time how beneficial exercise is to your overall health, but it's true. Exercising can improve brain function, reduce anxiety and improve your self-image.
3. **Get a good night's sleep.** Strive for seven to eight hours of sleep a night to improve your mental health.

MENTAL HEALTH: WHICH APP IS BEST FOR ME?

Understanding mental health is a familiar need that we all have, but which app is best?

[PsyberGuide](#) is a nonprofit organization website that evaluates mobile apps intended to help people with varying levels of mental illnesses. PsyberGuide evaluates the credibility of these apps and breaks up common mental health problems into several categories. The mobile apps are rated by credibility, user experience, and transparency. Rating scores range from the lowest (1) to the highest (5). Are you living with Obsessive Compulsive Disorder? PsyberGuide has evaluated 11 apps. Are you having trouble sleeping? There are 18 apps that been rated for you.

A key feature of the reviews is their transparency. The site reviews the privacy policies of each app to ensure you know what happens to your information. Additionally, PsyberGuide is supported and researched by academic centers and institutions across the nation. You can visit PsyberGuide and find apps by a specified condition, treatment type, or key words. For more information, visit their [Apps At a Glance Toolkits](#).



DON'T FRY DAY IS MAY 28

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.



The sun's rays are the most strongest between 10am and 4pm, so stay safe by using sunscreen, wearing hats, staying in shaded areas or wearing long sleeves.

DID YOU KNOW? ☀️

You can actually use your employee benefits to help pay for sunscreen products. **A sunscreen product with SPF 30 or above is considered a qualified medical expense.** If you have access to a health savings account (HSA), a health reimbursement account (HRA), or a flexible spending account (FSA), you can use your funds or be reimbursed.