



# Mental health awareness

Are you looking after your mental health? Your health is about more than eating a healthy diet and exercising regularly. It's also about managing your stress, building resilience, and managing anxiety and depression. So, what do you need to know about your mental health?

## Anxiety and depression

It's normal to feel anxious or a little sad sometimes, but when anxiety becomes constant and sadness becomes depression, it's important to get help. Anxiety and depression can be very damaging to your quality of life, but they can also be treated with a doctor's help.

## Change and resilience

Change is as inevitable as the changing of the seasons. Many things in your life will change over time: your job, your family, your weight, your happiness, your house, even your city. But resilient people are better able to deal with these changes and make the best of them.

## Stress

Stress can be good in small doses. But lots of stress is bad for you. Learn to manage your stress with some fun stress reducing activities such as dancing to your favourite music, cooking, working out, gardening or practicing yoga, meditation or Pilates. One of these a day keeps the stress at bay.



Toll-free: **0800 111 011**

Request a call back: **\*134\*905#**

Get in touch online: <http://app.lyrawellbeing.health/>

Your company code: **WES007**

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