

Ulliance

Enhancing People. Improving Business.

May is Mental Health Month Self Care. Self Love.



According to Psychology Today,

the definition of emotional well-being is "the ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings."



SCAN TO LEARN MORE



6 Self Care & Self Love Tips (click each heart to learn more!)



Think Spring



Get more zzzs



Keep moving



Chill Out



Learn coping mechanisms



Join a live training

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CALL ► 800.448.8326

Ulliance offers free, confidential support & resources, including counseling, coaching, crisis with many resources to address stress and anxiety. The goal of the Life Advisor EAP is to help individuals achieve a healthy work-life balance.

For more tips on minding your mental health you can access our webinar library here <http://bit.ly/Ulliance-Webinars> or logon to <http://LifeAdvisorEAP.com/> for many resources.

- **Living in Harmony with Young Adults**
Thursday, May 06, 11:30 AM-12:00 PM EST
Register
- **Letting Go and Forgiving**
Thursday, May 27, 12:00 PM –12:30 PM, EST
Register
- **Pro Tips to Improve your Mental Health**
May 11, 2021 12:00 PM –1:00 PM EST
Register