

THINK CLEARLY



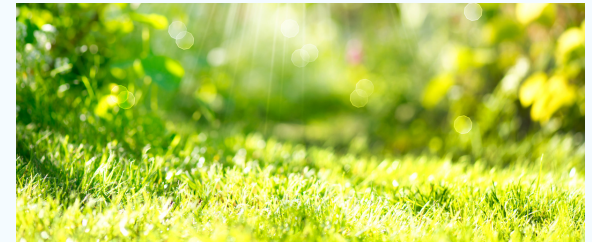
THE NATIONAL INSTITUTE OF HEALTH STATES THAT MINDFULNESS CAN REDUCE ANXIETY AND DEPRESSION, LOWER BLOOD PRESSURE, IMPROVE SLEEP AND IMPROVE YOUR OVERALL QUALITY OF LIFE.

THESE TIPS CAN HELP YOU BECOME MORE MINDFUL AND STAY GROUNDED IN THE PRESENT!

WRITE DOWN YOUR FEELINGS, THOUGHTS, AND EXPERIENCES REGULARLY. THIS CAN HELP YOU ORGANIZE YOUR THOUGHTS.



INSTEAD OF MINDLESSLY SCROLLING THROUGH YOUR PHONE OR BINGE WATCHING A SHOW, TAKE A DAY OR EVEN A WEEKEND TO UNPLUG AND CONNECT WITH YOUR OWN THOUGHTS.



CREATE DAILY OR WEEKLY TO-DO LISTS TO PRIORITIZE TASKS AND CLEAR YOUR MIND OF MENTAL CLUTTER.



AVOID DISTRACTIONS THAT MAY PULL YOUR ATTENTION AWAY FROM BEING IN THE PRESENT MOMENT.



GUIDED MEDITATION ENABLES YOU TO BE GUIDED BY SOMEONE ELSE THROUGH RELAXING, BREATHING EXERCISES MEANT TO CLEAR YOUR MIND.

THINK CLEARLY



MENTAL HEALTH RESOURCES

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH THEIR MENTAL HEALTH OR NEEDS HELP, CONTACT YOUR MEDICAL PROVIDERS TO BE CONNECTED TO A MENTAL HEALTH PROFESSIONAL OR YOU CAN SIGN UP TO RECEIVE MENTAL HEALTH COUNSELING OR COACHING.



CAREFIRST: 877-260-3253

OPTION 7 OR [CLICK HERE](#) TO SIGN UP FOR A CAREFIRST VIDEO VISIT



KAISER: 1-866-530-8778

OR [CLICK HERE](#) TO SIGN UP FOR THEIR EMOTIONAL WELL-BEING APPS: CALM, MYSTRENGTH, OR GINGER



TAKE A FREE ANONYMOUS MENTAL HEALTH TEST FROM [MENTAL HEALTH AMERICA](#)



[CLICK HERE](#) FOR A NUMBER OF MENTAL HEALTH RESOURCES INCLUDING THE [NATIONAL COUNCIL FOR MENTAL WELLBEING](#), [NATIONAL ALLIANCE ON MENTAL ILLNESS](#), AND MUCH MORE!



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