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."

10% DEPRESSION
An Estimated 1 in 10 U.S. adults report depression

80% TREATMENT
Up to 80% of those treated for depression show an improvement in their symptoms within 4 to 6 weeks.

56% MENTAL HEALTH
56% of adults in the US experience a mental health challenge don’t receive treatment

77% STRESS EFFECTS
77% of people experience stress that affects their physical health

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

- Think Spring
- Chill Out
- Get more zzzs
- Learn coping mechanisms
- Keep moving
- Join a live training

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