

# Show Your L..V.E *for your mind*

Mindfulness and well-being are continual journeys, requiring a commitment to prioritizing mental, emotional, and physical health along the way.

## **Setting Healthy Boundaries:**

The objectives for balance and harmony involve setting clear boundaries between work and personal life, enhancing time management skills, fostering effective communication, collaboration, and prioritizing self-care practices. Engage in the **Balance and Harmony Bingo Challenge** activity to jumpstart, restart, or rejuvenate your emotional wellness journey.

## **Learn and Grow:**

Your well-being encompasses not just physical health but also mental and emotional wellness. Whether you're navigating mental health challenges, seeking stress relief, or seeking support, embrace opportunities through USG well-being to access **Mental Health Programs and Resources** for individual growth.

## **Mindfulness and Meditation:**

Incorporate mindfulness and meditation practices with **Viva Insights on Microsoft Teams** into your routine. These activities can help you stay present, reduce stress, and enhance your overall mental well-being.

## **Healthy Lifestyle Choices:**

The constant urge to check notifications and messages on electronic devices amidst multitasking can heighten stress. Consider a digital detox, involving a break or reduction in screen time, and explore further in the Acentra Health **Digital Detox for Your Mental Health** resource.

## **Seek Support:**

Don't hesitate to reach out to friends, family, or a professional for support when needed through the **USG EAP Services**. Building a strong support network can be crucial for maintaining well-being.