



May is Mental Health Month

Move for better mental health!

Being active offers numerous benefits for your mental health. In fact, individuals who engage in moderate exercise for 20 minutes a day, five days a week, have a 43% lower risk of major depression compared to non-exercisers.

Discover activities you enjoy.

It could be gardening in the evening, starting your day with a jog, riding a bike or playing basketball with your children after school.

Seek assistance from your healthcare provider.

They can help you set goals, design a plan that fits your capabilities and offer suggestions tailored to your needs.

Reframe your thinking.

Don't think of exercise as a chore, but rather as means to improve your overall wellbeing. Anticipate setbacks and obstacles. Keep at it to reap the benefits!



For more information, scan the QR code to visit your Employee Assistance Program member website, MagellanAscend.com, or call 1-866-580-9046 (TTY 711).

