

Live Your Life Well*

May is Mental Health Awareness Month.

Good health—including good mental health—requires more than troubleshooting problems once they arrive. Research by psychologist Sonja Lyubomirsky indicates that 40% of happiness is determined by actions and choices, so everyone can benefit from tips to promote their mental health.

Try something new to boost your emotional outlook and take a healthy step toward living life well.

- Visit www.liveyourlifewell.org for 10 tools for improving your emotional outlook.
- Clip on your GoZone pedometer and take a “joy walk”—appreciating the miracles around you.
- Visit the Emotional Health lifestyle program on the [HealthFlex/WebMD Web site](#) for readings and planners toward creating a positive mood. (Select **Emotional Health** in the **Health Tools** drop-down menu.)
- Partner with a professional to develop a mental wellness plan. Your HealthFlex Employee Assistance Program (EAP) allows you to schedule up to eight in-person Employee Assistance Program (EAP) visits **at no out of pocket cost**. Call **1-800-788-5614** to select a provider and receive an authorization number. Remember—accessing the EAP is always confidential.

No matter how you do it—life is worth living well. So take a healthy step toward feeling good—physically and emotionally!

*Live your Life Well is a national public health campaign created by Mental Health America.