

Winter is here. Do you need support?



HumanaCare is here to help.

Winter tends to bring on feelings of sadness or initiate feelings of depression. Positive mental health can prevent a number of different mental health issues and feelings.

Positive mental health:

- Feeling in Control
- Able to cope with stressors
- Focused at work
- Being optimistic
- Being physically healthy
- Getting enough sleep
- Feeling a sense of belonging

How to promote positive mental health:

- Join groups or communities (church, gym, running group, reading club, arts & crafts club, etc.)
- Take ownership of life experiences
- Eat well
- Identify and realize your goals
- Accept changes in your environment such as work, school, personal
- Call your EFAP for assistance

[Click here to learn more](#)



HumanaCare
PEOPLE ENABLING PEOPLE

1-800-661-8193

24 HOURS A DAY ANYWHERE IN NORTH AMERICA