

Mental Health Matters



For more than 70 years, **Mental Health Awareness Month** has been observed in May. Mental health—how you think, feel and act—can change over time due to factors like workload, stress and work-life balance.

Americans' Mental Health



1 in 5

experience mental illness each year.

1 in 20

experience serious mental illness.

1.5 million

live with schizophrenia.

7 million

live with bipolar disorder.

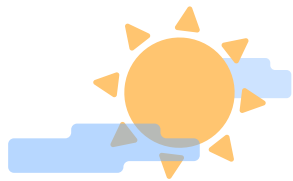
19.4 million

live with major depression.

48 million

live with anxiety disorders.

Although the past year has been challenging, the mental burden of the pandemic has enabled more transparency and empathy around mental health. Mental health is important year-round, so here are some strategies to help you thrive:



Find the positive.

It's natural to go through a grieving process after the loss of a relationship, job or loved one. Remember the good times and focus on what makes you happy.



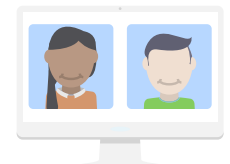
Create healthy routines.

Healthy routines include eating a nutrition-rich diet, exercising and getting enough sleep. It's OK if your routine is not the same every day. Start with small changes.



Own your feelings.

It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



Connect with others.

Connections help enrich your life and power you through the tough times. Whether in person or virtually, connect with and lean on your support group.

If you're struggling with your mental health during the pandemic, you're not alone. If you have concerns about your mental health, please contact a mental health professional.