

Daily habits to improve mental health and well-being

Some aspects of life that impact your mental health are out of your control such as difficult life experiences and daily stresses. However, there are things you can control—like eating healthy foods, getting quality sleep, becoming more physically active and taking time for self-care.

Learn how you can make small changes in your daily life that can help boost your mood and move you closer to your personal goals this year.

**We're here 24/7 for you
and your household
members.**

(800) 848-9392 (TTY: 711)

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How small changes can lead to big results

Learn about the power of consistent action and how it can lead to success.

[Watch the webinar](#)



Small, everyday ways to increase your well-being

Little things can make a big difference when it comes to emotional well-being.

[View the infographic](#)



A twist on New Year's resolutions

What if instead of adding things to your to-do list, you removed some things this year?

[Read the article](#)