



Getting Into Peak Mental Fitness

Build small habits that make a big difference to your wellbeing.

Provided by:



Hourly:
carelon
Behavioral Health



Salaried:
lyra



Mental health & wellbeing



Mental Fitness Is Built Day By Day

- Most of us wait until we're overwhelmed to think about mental health support.
- Like going to the gym, caring for your wellbeing is most effective when it's part of your routine.

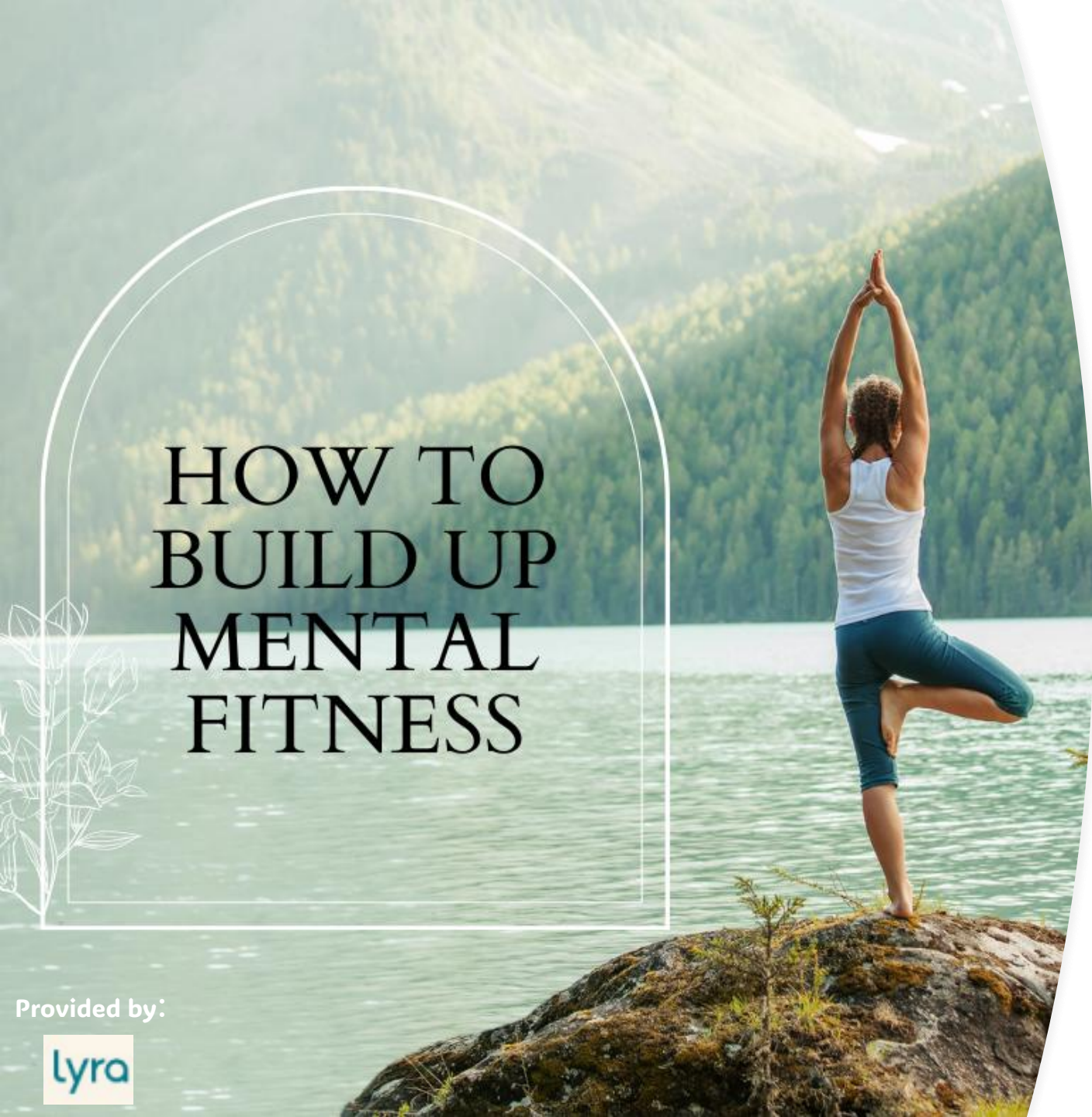
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HOW TO BUILD UP MENTAL FITNESS

Provided by:

lyra



Building Mental Fitness

Develop simple routines to ease your mental load.

- Try guided meditations and focus exercises.

Learn how to tackle big tasks.

- Start by focusing only on the next 15–30 minutes.

Quiet self-doubt

- Focus on what you can do; not what you can't.

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Building Mental Fitness

- **Stop overthinking**
 - Take one small action instead of thinking further.
- **Explore mindfulness exercises, sleep resources, and calming techniques**
 - Inhale for 4 counts → hold for 4 → exhale for 4 → hold for 4
 - Create a wind down routine (read, dim lights, etc.)
 - Listen to calming music

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If you would like information on free and confidential counseling and other health and wellness resources, **contact your local ESSP Representative** or the CDR/EAP Agencies:

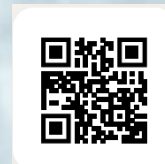
Hourly

Call Carelon Behavioral Health: 800-227-9622 or
Scan the QR code:



Salaried

Call Lyra Health: 877-207-9822 or
Scan the QR code:





SCAN TO VISIT THE UAW-Ford JOINT TRUSTS ESSP & WELLBEING PAGE!

