



# Maintaining Good Mental Health

Are you making time for good health?  
Prioritizing your physical, emotional **and** mental health isn't selfish – it's a necessity!

## Video Library



Managing Stress  
and Mental Health



Using Your EAP Benefit



Take a Break! Use Your PTO

## Article Library

[Stress Management Strategies](#)

[Making self care a part of your daily routine](#)

[Mind full or mindful?](#)

*The Foundation of Good Health is Good Sleep*

- [How much sleep does your family need?](#)
- [For better sleep, avoid these habits](#)

[Resilience: A critical skill in challenging times](#)

## EAP (Employee Assistance Program)

No-cost, short-term counseling for you and your household. Professional counselors at Charles Nechtem EAP can provide assistance over the phone, via email or refer you to a therapist in-network.

[Charlesnechtem.com](http://Charlesnechtem.com)

1-800-531-0200 | [inquiries@charlesnechtem.com](mailto:inquiries@charlesnechtem.com)

