

MENTAL HEALTH MATTERS.

Mental health impacts focus,
relationships, and satisfaction at work



HERE'S WHAT YOU CAN DO:

- Check in with coworkers
 - “How are you, really?”
- Prioritize yourself and your mental wellness
 - Take a break
 - Try a workout class
 - Ask HR about mental health days
- Speak up if you're struggling
 - Call 800-273-TALK

Scan here for the best
workout classes in Dallas!



Download the Calm app to
reduce stress & anxiety



It's okay not to be okay, you are not alone.