

# Show your mind some love this month!



In the month of love, it's important to show yourself some love and care too!  
Here are a few ways to prioritize self-care this month:



## Find time just for you.

Prioritize alone time to focus on you and do something you love like taking a bath, reading a book, or cooking your favorite dish.



## Move your body.

Show your body some love by engaging in a physical activity you enjoy, like walking, yoga, or gym workouts. Your body will thank you!



## Talk about it.

Get confidential support from compassionate providers including therapists, mental health coaches, and doctors. We're here to listen and we're here to help!



## Get the app

Looking for an easier way to get compassionate care? Download our app for care that's available wherever you are. Scan to get started!