## **yuprise**health

## **Check-In with Yourself**

Mental health is important. It can help you cope with the stresses of life, be physically healthy, have good relationships, work productively, and realize your full potential. Check in with yourself daily to weekly to make sure you are staying positive, practicing gratitude, taking care of your physical health, connecting with others, and relaxing.

Learn more by visiting the Member Resources Center today.

