



Make time for your mental health and wellness

A lot of things can affect our mental health.

Our brain chemistry, family history and genes all play a part. Our life experiences — good and bad — can add to it, too.

Mental health issues aren't all the same. Some have few symptoms. And some can be severe.

Watch for these early signs:

- Eating or sleeping too much or too little
- Having low or no energy for daily tasks
- Feeling confused, irritable, angry or having other mood changes
- Pulling away from people or activities you like

If you notice any of these signs, talk to your health care provider. They can support you and offer helpful resources.

¹<https://www.nami.org/mhstats>



Did you know?

1 in 5 adults
in the U.S. experience
mental health issues
each year?¹

3 tips to boost your mental health



Take care of your physical health.

Your mind and body are connected. Eating a healthy diet, being active and getting enough sleep are good for both your physical and mental health.



Make time for self care.

It's not selfish to take care of yourself. Even if you're also taking care of others. Self-care can be as simple as spending time on a hobby you like. Or treating yourself to a massage.



Manage your stress.

Even good stress, like planning a wedding, can become overwhelming. Focus on healthy ways to cope, like deep breathing or meditation.



Need help?

You can reach out to these free, national support services.

- Substance Abuse and Mental Health Services Administration National Helpline: Call **1- 800-662-HELP (4357)**.
- Suicide and Crisis Lifeline: Call or text **988**.

Aetna® is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

This material is for information only. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.

Visit [Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html) to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 04.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 04.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04.