May is Mental Health Awareness Month

LifeMatters Can Help You Manage Anxiety

Common Symptoms

* Poor sleep
* Frequent headaches
* Nausea or digestive issues
* Panic attacks

Managing Triggers

* Physical activity
* Mindfulness routine
* Share with trusted friends
* Plan ahead

Resources for Help

* Contact LifeMatters
* Healthcare provider
* Peer support

[Anxiety: Triggers and Treatment](https://prohealthcare.webex.com/mw3300/mywebex/default.do?service=7&main_url=%2Ftc3300%2Ftrainingcenter%2Fdefault.do%3Fsiteurl%3Dprohealthcare%26main_url%3D%252Ftc3300%252Fe.do%253FAT%253DMI%2526%2526Host%253DQUhTSwAAAAcNHb0iF7vQJ4gLSY2E8B7I7bexAnh0ZWAUck-6FVOPwaG2R8YSSxy0UQIgIT_V4wsDA12xskF1plrCAJxNaWHH0%2526UID%253D0%2526MTID%253Dt5f4c4b69fda8b34754213831723e8098%2526siteurl%253Dprohealthcare%2526confID%253D638287000077700087%2526ticket%253D4832534b0000000751def7a36b506ab5d3e048dc3f07c409f32ec454d5d66b3a3c031a9dd24f0978&siteurl=prohealthcare)

* Live support session
* May 13, 2025
* 1 p.m. EDT
* Password: MmG86V3aaPh

[Laughter and Joy for Good Mental Health with Kody Green](-%09https%3A/www.empathia.com/episode-58-laughter-and-joy-for-good-mental-health-with-kody-green)

* Available in May from OnTopic with Empathia

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com

24/7/365

﻿Text\* “Hello” to 61295 (U.S.)/204-817-1149 (Canada)

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