

Mental Health Support

Mental Health Well-being Resources

For teammates in the Midwest Region



Mental Health Well-being Resources

For teammates in the Southeast Region



Musicians on Call

Use Code: Advocate



Songs to Reduce Anxiety

Support Page



Meditation

Playlist on YouTube



Just for Me

Moments of calm and self-care

4 - 7 - 8

Breathe to de-escalate your stress and regain focus

In.....**4** 3 2 1

Hold.....**7** 6 5 4 3 2 1

Out.....**8** 7 6 5 4 3 2 1

Repeat 3 to 4 times as needed

Focus on the good

At the end of the shift, and the day:

What was my win today?

Who and how did I help?

What I do is important.

Repeat to self at the beginning of your day:

May I be safe

May I be happy

May I be healthy

May I live with ease