



OCTOBER

EMOTIONAL WELLNESS MONTH

Emotional wellness focuses on managing your feelings and daily stress in a positive and healthy way. When you care for your mental well-being, you support your overall health and happiness. How you feel emotionally shapes your thoughts, actions, and experiences—at work, at home, and everywhere in between. This October, make your mental well-being a priority.

Stress Management

Life is busy, and feeling stressed is normal, but it does not have to take over. Unmanaged stress can impact your mood, sleep, and physical health. Try these simple strategies:

- **Move Your Body:** Just 30 minutes of walking each day can lift your mood and ease tension
- **Pause and Breathe:** Notice when you are feeling stressed—step away, take deep breaths, or call a friend
- **Try Something New:** Shake up your routine with a new hobby or activity you enjoy
- **Reach Out:** Speak with your healthcare provider or a counselor if overwhelmed—support is available

Practice Mindfulness

Mindfulness helps you stay present and calm, even on tough days. Try these quick exercises:

- **5-4-3-2-1 Grounding Technique:** Notice 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste
- **Go on a Color Walk:** Pick a color and spot as many things as you can while you walk—shifting your focus can help you reset

Employee Assistance Program

At Southern Land Company, your mental health matters. Eligible employees and dependents have access to the Employee Assistance Program (EAP), through GuidanceResources, at no cost. You can receive confidential support for emotional challenges, stress, or substance abuse concerns. **This includes up to six (6) face-to-face or telephonic sessions per year with a licensed counselor.**

To get started:

Call **800.311.4327** or visit www.guidanceresources.com and enter the Web ID: **GRS311**

Sources:

- <https://healthylearn.com/connerstrong/mental-health-topics.html>
- <https://healthylearn.com/connerstrong/improving-your-emotional-health.html>
- <https://healthylearn.com/connerstrong/lh/stress-management.html>

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