**DAY 5**

# WHEN SHOULD YOU PLAN A MENTAL HEALTH DAY?

*- Try mental health hours -*

Plan a day that takes you away from the things that may stress you. When you successfully avoid the negative things in your world that are out there, you feel relief. There are many ways to create an oasis of serenity. Take a half-day at a spa. Go out into nature and hike. Do a yoga or meditation class. Work on skills to help you separate yourself from the stressors in your world.

"Paid time off when you are sick is a benefit for many full-time employees. Recently, this has been extended to include “mental health days” in which employees use a sick day because of stress and burnout rather than for illnesses like flu or cold...Each year, about 18% of the population is likely to suffer from depression and anxiety disorders. If you find that anxiety is really getting in the way of your ability to live our life fully, you should get checked out—sooner rather than later."

Consider taking more mental health hours if not days. Build more exercise into your regular routine. Get a massage or spa treatment on a regular basis. Get up in the morning and walk in a pretty place before you head to work. Rather than letting the stress build up until it is intolerable and then trying to release it all at once, see if you can make stress-busting activities a part of the way you live your life.

***Thank you!***

***TeamBee is the best!***

## Some of 2018 TeamBee participants

**Thank you for sharing your photos…we see participants/ supporters**