Can't quiet your mind?

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Take a moment and check in with yourself

May is Mental Health Awareness Month

When we're feeling anxious, it can seem like there's no way out of it.

But the truth is, there are little things we can do to pause our worries and find some calm. Breathing techniques, meditation and guided imagery are a few.

Give 4-7-8 breathing a try right now. And if you've tried self-soothing and the anxiety remains, know that support is available.

To learn more about anxiety and about other coping techniques, scan this code or visit **optumeap.com.**

To see the full range of benefits available to you, visit **liveandworkwell.com.** Register with your HealthSafe ID, or browse as a guest with your company access code: Indiana

4-7-8 breathing

Before, during or after a stressful situation, try this simple breathing technique.

Inhale 4
Close your mouth and inhale for a count of 4 through your nose.

Hold 7
Hold your breath for a count of 7.

Exhale 8
Exhale through your mouth for a count of 8.

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