



May 2021 is Mental Health Month

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The good news is there are practical tools that everyone can use to improve their mental health and increase resiliency - and there are ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.

We would like to highlight a national initiative sponsored by *Mental Health America* and their affiliates called **#Tools2Thrive**. This initiative **provides you with practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.**

#Tools2Thrive focuses on:

1. Recognizing and Owning Your Feelings

When it comes to your **feelings**, it can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with. However, taking the time to really identify what you're feeling can help you to better cope with challenging situations. It's ok to give yourself permission to feel.

2. Finding the Positive After Loss

We also know that life can throw us curveballs - and at some point in our lives we will all experience **loss**. It may be the end of a relationship, being let go from a job, losing a home, or the death of a loved one. It is natural to go through a grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who or what you've lost, can help you recover mentally and emotionally.

3. Connecting with Others

It also is true that **connections** and the people around us can help our overall mental health - or hurt it. It's important to make connections with other people that help enrich our lives and get us through tough times.

4. Eliminating Toxic Influences

It is equally important to recognize when certain people and situations in life can trigger us to feel bad or engage in destructive behaviors. Identifying the **toxic influences** in our lives and taking steps to create a new life without them can improve mental and physical health over time.

5. Creating Healthy Routines

And we know that work, paying bills, cleaning, getting enough sleep, and taking care of children are just some of the things we do each day - and it is easy to be overwhelmed. By **creating routines**, we can organize our days in such a way that taking

care of tasks and ourselves, becomes a pattern that makes it easier to get things done without having to think hard about them.

For each of us, the tools we use to keep us mentally healthy will be unique. We want you to know that mental illnesses are real, and recovery is possible. Finding what works for you may not be easy but can be achieved by gradually making small changes and building on those successes. By developing your own **#Tools2Thrive**, it is possible to find balance between work and play, the ups and downs of life, and physical health and mental health – and set yourself on the path to healing and recovery.

For more information, visit the *Mental Health America* website at mhascreening.org. They offer the opportunity to take a free mental health screen. It is a quick, free, and private way for people to assess their mental health and recognize signs of mental health problems.



Changes to Employee Benefits!

At Sutton Transport, we value our employees and their opinions. We appreciate your hard work and want to take this opportunity to announce that effective July 1st, 2021, we will be **DECREASING** employee contributions to the health insurance coverage.

Please note, this is **NOT** an open enrollment

and therefore, if you are not currently enrolled in the health insurance coverage, you will not be eligible to enroll unless you have experienced a qualifying life event.

If you are benefit eligible, you will have the opportunity to enroll in December when our Open Enrollment takes place. Payroll deductions will automatically be updated based on your current election. There is no further action required at this time. Your new **weekly contributions** can be viewed by clicking the Benefits button below.