

# Celebrate yourself this month.



In a month of candy hearts and flowers, it's a good time to show yourself some love. Here are a few ways to get started:

## Take time to de-stress.

Whether it's working out, focusing on your hobbies or getting some extra sleep, take a moment to shake away the stress.

## Treat yourself.

Show yourself some appreciation by treating yourself to something that you love.

## Take a digital detox.

Being on social media can be exhausting. Schedule time away from the digital world and re-focus on what matters.

## Talk it out.

When something is on your mind, talking about it can help. First Stop Health counselors are here for you.

COMPANY NAME virtual counseling powered by First Stop Health is provided to COMPANY NAME ELIGIBLE EMPLOYEES and their ELIGIBLE FAMILY for COPAY

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