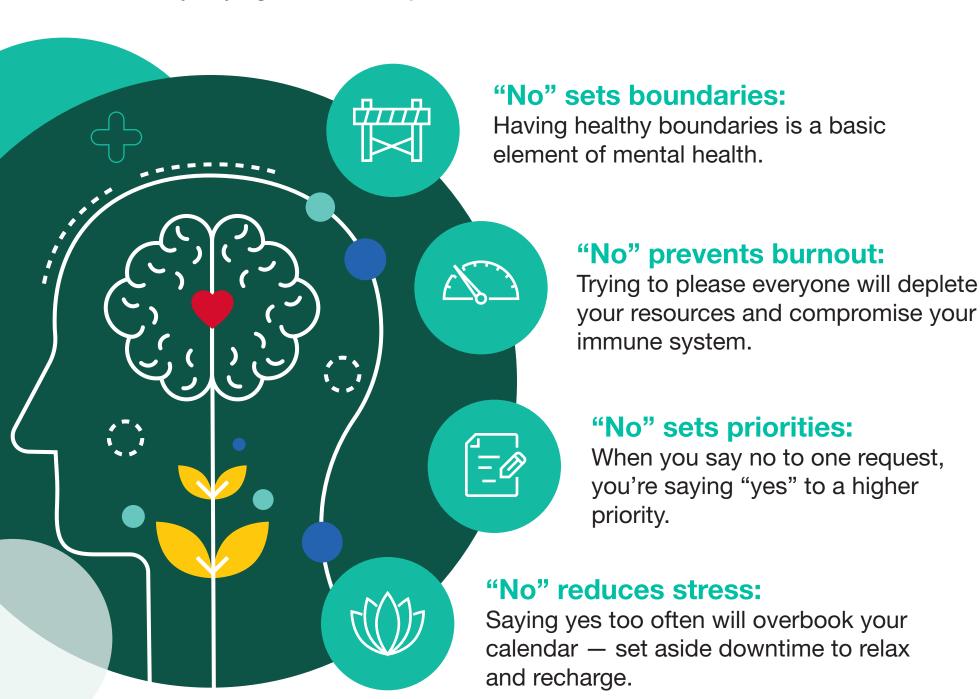# MIND your health

It's Mental Health Awareness Month!

Put yourself at the top of your to-do list this month and prioritize your mental wellbeing. Want to know a surprising way to boost your happiness? Giving yourself permission to turn down requests that you don't have time or energy for can boost your happiness and help you to avoid burnout.

Here's why saying "no" can be positive:

"No" sets boundaries:
Having healthy boundaries is a basic element of mental health.

"No" prevents burnout:
Trying to please everyone will deplete your resources and compromise your immune system.

"No" sets priorities:
When you say no to one request, you're saying "yes" to a higher priority.

"No" reduces stress:
Saying yes too often will overbook your calendar — set aside downtime to relax and recharge.

For more tips on how to boost your mental wellbeing this month, visit **mycare.sharecare.com**, select **Discover > Health Topics** to follow topics like Stress, Anxiety and Wellness.