

MENTAL HEALTH MATTERS  
**Be Well At Work**

#MENTALHEALTHMONTH



MENTAL HEALTH  
COLORADO

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## CHECK IN WITH YOURSELF

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Are you thinking about work when you try to sleep?  
Are you feeling distracted and not present at work?  
Do you feel anxious as the weekends come to an end?

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## 3 THINGS YOU CAN DO RIGHT NOW

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1. List 3 things you are grateful for about your job
2. Take a screen break for a walk around the block
3. Invest in your work—set a new milestone

**Bonus tip:** Take a free, confidential mental health screening at [mentalhealthcolorado.org/screenings](https://mentalhealthcolorado.org/screenings)