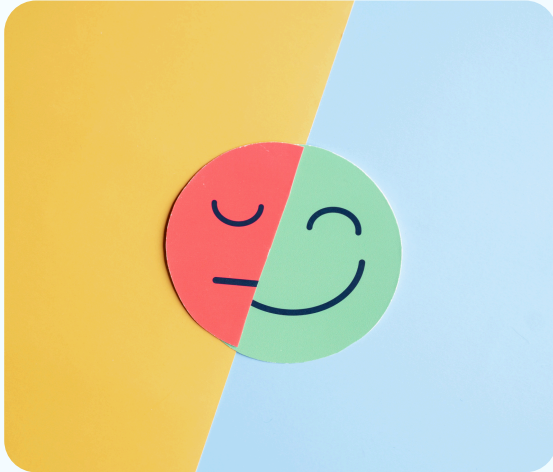




KNOW YOUR MENTAL HEALTH: EARLY AWARENESS MATTERS



► NOTICE MOOD CHANGES

Pay attention to shifts in how you feel—like sadness, irritability, or losing interest in things you usually enjoy. Early signs of change can be important signals to take a closer look at your mental health.

► CHECK YOUR ENERGY LEVELS

Your energy often reflects your mental well-being. Feeling unusually tired, restless, or unable to focus may mean your mind and body need extra care and support.



► TALK TO SOMEONE YOU TRUST

Opening up about how you feel can make a big difference. Whether it's a friend, family member, or professional, talking helps you feel supported and less alone.



KNOW YOUR MENTAL HEALTH: EARLY AWARENESS MATTERS



► LISTEN TO YOUR BODY

Your body often signals what your mind is feeling—like headaches, tension, or fatigue. Checking in physically can be a useful way to spot stress or mood changes early.

► LEARN YOUR TRIGGERS

Notice what situations, environments, or habits affect your mood or stress. Recognizing triggers helps you prepare, set boundaries, and use healthy coping strategies before things build up.



► GET SUPPORT EARLY

The sooner you address mental health concerns, the easier they are to manage. Reaching out for help early—before things feel overwhelming—can protect your well-being long-term.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness and resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.