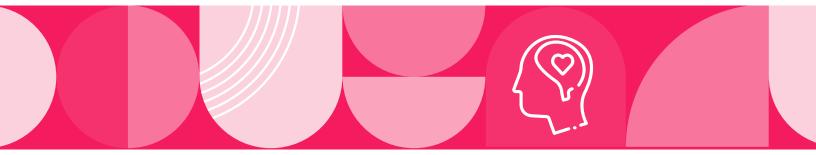# Mental Health

Mental health is a critical component of overall wellbeing, significantly impacting how we navigate daily life. Prioritizing mental health can help you build resilience and manage stress, empowering you to have a more positive outlook even during difficult times. Good mental health boosts self-esteem and enhances your ability to focus and be productive, while poor mental health habits can lead to chronic stress, anxiety and unhealthy coping mechanisms.

READY TO PRIORITIZE YOUR MENTAL HEALTH, EARN POINTS & BOOST YOUR STATUS?
Explore our 'Mental health' focus areas!

Each focus area conveniently groups point-earning opportunities such as goals, videos and articles related to a specific topic, helping you build healthy habits for long-term results.

OUR MENTAL HEALTH FOCUS AREAS THOUGHTFULLY COVER THE FOLLOWING THEMES:

· Building resilience

· Social connectedness and belonging

· Stress and coping

You can find these resources by navigating from your homepage to **Focus on your health > See all focus areas > Filter > Mental health.**