



Give Yourself Permission to Thrive

Caring for your mental health is not selfish—it's essential. Many of us focus so much on caring for others that we forget to care for ourselves. Give yourself permission to pause and reset, to take the time you need to recharge and reflect. Prioritizing your emotional well-being builds resilience, helps you face life's challenges with clarity and strengthens your ability to support others without losing yourself.

Pause, Reset and Embrace Balance

Life can feel overwhelming, but you have permission to slow down. Take moments to breathe, rest and recharge your mind and body. Embrace balance by moving your body in ways you enjoy, eating nourishing meals and keeping up with a sleep schedule. When you give yourself permission to care for your physical and mental needs, you create a foundation that allows you to show up fully in your life and relationships. Taking time to pause also helps you notice what truly matters and make choices aligned with your values.

Seek Support and Foster Connection

You don't have to face life alone. Give yourself permission to seek support from friends, family or a counselor. Sharing your thoughts and feelings strengthens your emotional well-being and prevents stress from building. Foster meaningful connections by spending time with people who uplift and support you. Prioritizing these relationships nurtures your mental health while enhancing your ability to give to others without depletion. Reaching out not only relieves stress, it also reminds you that you are seen, valued and not alone.

Set Boundaries and Cultivate Resilience

Your time, energy and peace of mind are extremely valuable and important. Give yourself permission to set healthy boundaries, say no when needed and protect your overall well-being. Boundaries are not selfish—they help you maintain focus, preserve energy and stay aligned with what matters most in your life. By respecting your limits, you cultivate resilience and strengthen your ability to handle stress, adapt to change and navigate life with confidence. Setting clear boundaries also teaches others how to treat you and reinforces a strong sense of personal empowerment.

Practice Self-Compassion and Purpose

Give yourself permission to be imperfect, to embrace your strengths and to treat yourself with kindness. Engage in activities that bring joy, creativity and meaning, whether that's a hobby, volunteer work or time spent in reflection. By cultivating self-compassion, purpose and resilience, you strengthen your emotional foundation and create a life where thriving is possible—not just surviving. Remember, taking care of your mental health is a powerful act of self-respect and empowerment. Allowing yourself this care and purpose encourages growth, helps maintain motivation and deepens your sense of fulfillment.

BHS provides referrals to qualified mental health professionals that can help. Call BHS at 800-245-1150 to speak to your designated Care Coordinator about your benefits and options for support.