World Mental Health Day

World Mental Health Day is October 10th, and it's a great time to stop and think about how you're feeling. Your mental health impacts every aspect of your life, from how productive you are at work to how you interact with family and friends.

This year, invest in your own mental health. Here are some ways to get started:

- **Express:** Talk about your feelings and experiences with someone you trust.
- **Value yourself:** Treat yourself with kindness and avoid self-criticism.
- **Take care of your body:** Eat a balanced diet, exercise, and get quality sleep.
- **Support:** Surround yourself with people who lift you up.
- **Stress & relaxation:** Learn to quiet your mind with mindfulness practices.

When you feel you need more support, Vida can help.

As part of your free West Coast University benefits, you have access to a free health coach or therapist. Our team of licensed therapists will work with you to learn how to lift your mood and cope with life's challenges.

Vida also offers Stress Management and Resilience programs, where you'll work with a coach and learn how to better manage your stress and bounce back from stressful situations.
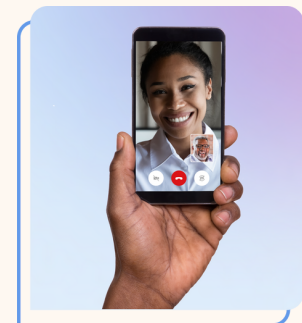
Download the 'Vida Health' app from your phone to get started. To learn more, visit vida.com/wccacc

Students: All WCU and ACC enrolled students, including those on LOA, ages 18+ are eligible for Vida at no charge.

Scan to get started