



Strong

Men's health

Aetna Resources For LivingSM

Men sometimes have deep-seated beliefs that they shouldn't have feelings. They may feel lonely, scared and isolated but hesitate to talk openly about these issues. They may try to handle stressful matters on their own — without realizing the negative impact on their wellbeing.

We want to help you stay strong and healthy both mentally and physically. We want you to know that reaching out for support isn't a sign of weakness. It's a sign of strength.

Ways to improve your mental wellbeing

There's lots of things you can today, next week and even a month from now. Here's some things you can get started with:

- **Stay active.** Exercise is good for your body. But it's also a self-esteem booster and improves your mental health. Try scheduling breaks to walk, jog or do a short workout two to three times per week.
- **Do what you love.** What's something you're good at and enjoy doing it? Get started on that. Doing something you like can help knock out stress.
- **Take breaks to recharge.** No matter what you're working on, take time to pause and de-stress. It doesn't matter if it's work related or home related. Take some time to yourself. It can help you refocus on the task at hand.

Benefits that fit you

Whether you need practical tips and advice or personal support through life's twists and turns, there's assistance at your disposal. Choose what works for you.

You have 24/7 support to help with any of your life needs. What's even better is all services are confidential. You can talk about stress, relationships, substance misuse, managing change and more. You have the privacy to talk openly and freely. Talk to a counselor by:

- **Support by phone** — contact us anytime 24/7 for in-the-moment support. You can also schedule a session with a counselor over the phone.
- **Support in person** — We can help locate providers in your area to meet with a counselor in person. You can also meet with a counselor by televideo.

Create new options and support for yourself today. Help is right at your fingertips or just a call or click away. Get help with tackling things head on to improve your relationships and overall wellbeing.



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