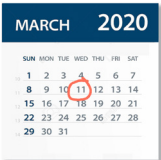




Put Yourself First



The one-year anniversary of the COVID-19

pandemic provides a good opportunity to take stock. How are you? What do you need to feel good?

Put yourself first by accessing your free and confidential mental health benefit, legal consultations, financial services and work/life referrals.

800-834-3773
claremonteap.com

Claremont encourages you to put yourself first. It's as simple as 1, 2, 3!



1. Look inward, pay attention. Ask yourself: “How am I feeling? Am I experiencing any stress symptoms?”

- **Emotional Symptoms:** Depression, fear, anxiety, worry, grief, anger, feelings of hopelessness, being easily irritated, emotionally “numb”
- **Physical Symptoms:** Marked increase in fatigue, stomach upset, headaches, backache, decrease or increase in appetite, sleep disturbances, high blood pressure, dizziness
- **Cognitive Symptoms:** Confusion, memory loss, forgetfulness, difficulty making decisions and difficulty concentrating
- **Behavioral Symptoms:** Social withdrawal, talking more or less, jumpiness, difficulty relaxing, increase or decrease in food consumption, increase in alcohol and/or drug use, sleep disruption



2. Prioritize self-care. Whether your frustrations are big, small or non-existent – self-care is important no matter what. Ask yourself: “How can I be kind to myself?”



3. Access your Claremont services. You are your self-care pilot. Call Claremont to find out what services would help you feel better, be more confident and be more you. Ask yourself: “Why not?”