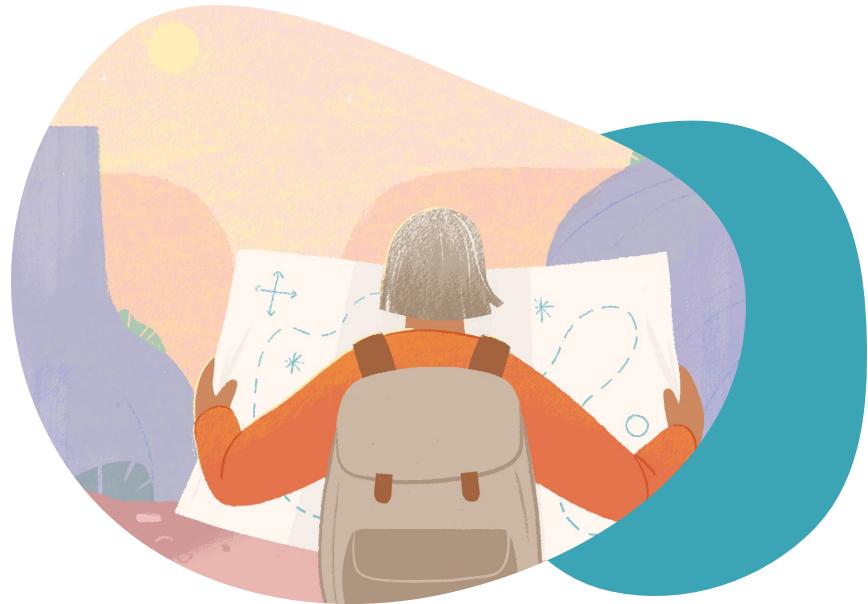


# Kickstart Your Year

Tips for a mindful new year from Lyra, your mental health benefit



## Find your joy

Take a moment to go outside, see a friend, or do something that brings you joy.

## Prioritize sleep

Healthy sleep can help you be productive and improve your mood.

## Set a routine

Create a routine that gives you time to do things you enjoy.

## Stay connected

Maintaining strong relationships reduces stress and boosts well-being.

## Embrace gratitude

Find one thing to be thankful for every day.

## Say no

Only say yes to plans and activities that make you happy.

## What you get when you activate your Lyra benefit

From helping you navigate everyday challenges to managing complex mental health issues, Lyra has you and your eligible family members covered.



### Self-care on your schedule

Access a library of free videos, articles, meditations, and exercises to support your mental well-being—created by clinicians and available anytime via app or web.



### 1:1 mental health coaching

Our certified mental health coaches help you navigate challenges like stress, relationships, and parenting with personalized strategies that work for you.



### Evidence-based therapy

When you're dealing with issues like anxiety or depression, our licensed therapists help you develop skills to improve your mental health.

Activate your benefit by registering your account today  
[care.lyrahealth.com](https://care.lyrahealth.com) | Download the Lyra Health app

