

# Things don't have to be "meh"

Got a case of that "blah" feeling? Whether you're lacking motivation or feeling flat, what you're experiencing is real – and you may not be able to break through the dullness on your own.

And you don't have to. Because we have mental health resources and benefits that connect you with professionals who can help. Nervous about getting started? Here are a few things to know:



Lenovo

## Everybody's doing it.



**94% of CEOs** receive mental health support for themselves



**68% of working moms** sought out mental health treatment during the pandemic



**4 in 10 Americans** have already seen a counselor

## Scheduling is not an issue.



**76% of employees** who received mental health support did so virtually. **And at Lenovo, we've got resources like Talkspace and Ginger to share! You can meet with a mental health professional on-demand at any time.**



**60 seconds is all you need.** One minute of mindful meditation can make a huge difference on your outlook.



**But 15 minutes can change the game.** Check out our [Get Zentered sessions for a 15-minute conversation](#) on managing your stress and using mindfulness.

## It's personal – and professional.

**You may think that your health is just a personal issue, but it's so much more than that.** How you feel affects how you show up for yourself and others – including those at work. Being in therapy can:



Improve your communication skills



Reduce depression levels



Develop coping strategies to manage distress



Help you work on habits you'd like to change

## Healthy mind, healthy body.

### **Mental health treatment can positively affect:**

- Chronic stress and long-term health issues from elevated blood pressure to that general "meh" feeling
- The immune system
- Sleeping habits
- Pain levels



**Get started with a counselor now** by calling the EAP, or by using Talkspace or Ginger. Visit [lenovobenefits.com](https://lenovobenefits.com) to learn more about the [mental health resources](#) available to you.

This document is not a substitute for professional mental health care. If you feel like you may harm yourself or others, you're experiencing a mental health emergency. Dial 911 or go directly to your nearest ER.