



# ARBenefits Newsletter

Q2 | 2026 | Active

## Mental Health Awareness

**Your brain does more than emails, so take care of it!**

- Take breaks (yes, this means lunch!)
- Use your resources like the EAP
- Manage your boundaries (or establish some!)
- Find your work-life balance
- Understand your busy seasons better

## Movement doesn't need a gym

Short bursts of movement can reset your body and brain, reduce stress, and prevent fatigue.

- Desk & chair exercises during phone meetings
- Hit the hallways or around your building
- Stand for phone or smaller meetings
- Teachers, get your students involved. Helps you AND them!

*Incorporate quick, practical, doable movements in your day to maintain physical and mental wellness.*



## Be sure to clear your brain inbox, too

Constant emails, alerts, and the myth of multitasking wear out the brain, reduce focus, and spike stress. Here are some quick things to improve clarity, energy, and mood.

- Set some notification boundaries
- Micro brain breaks (2-5 minutes)
- Focus on one task at a time
- Have some 'Do Not Disturb' time



Your eyes do more than see, they impact focus, safety, and long-term health.

- Don't wait for symptoms; vision changes can be subtle
- Adjust screen time and brightness
- Eye exams can detect diabetes, high blood pressure, and other systemic conditions
- Wear sunglasses with UV protection
- Ensure you have proper lighting at work and at home

The health plan will cover your first eye exam with a \$50 copay.

## The heat doesn't care how busy you are

Hydration should be a lifestyle, but you have to work it into your routines:

- Hydrate before you go outside
- Water THEN coffee
- Bringing too much water to an outdoor event is ok
- Work in some electrolytes BEFORE you start sweating

Things to look out for



- Dry mouth or sticky lips
- Headache
- Fatigue or low energy
- Dark yellow urine

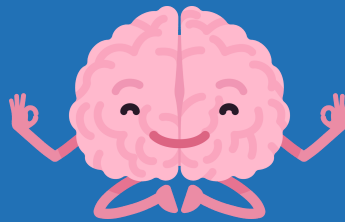
If you show these signs, it's time to hydrate

## Running on empty isn't a flex!! Managing your stress isn't "soft", it's smart.



Signs your stress is running the show

- Constant fatigue (even after sleep)
- Tight shoulders/neck
- Irritability
- Stomach issues
- Poor sleep
- Racing thoughts



Realistic stress reset tips

- Take 5 before the next task
- Do one thing at a time; multitasking is a myth
- Write your stress down
- Use the EAP if you need to. It exists for a reason!

## Life Planning Services from Colonial Life

Health Advocate offers a helping hand to an insured terminally ill employee, spouse, or designated beneficiary. Life Planning Services can provide guidance when you may not know where to begin.

- Impartial, confidential consultations
- A resource guide containing a checklist, the basics on settling an estate, and more
- Access to legal and financial experts who can help with decisions

Call 1-800-422-5142 or visit [HealthAdvocate](https://www.healthadvocate.com) online



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