

WELLNEWS

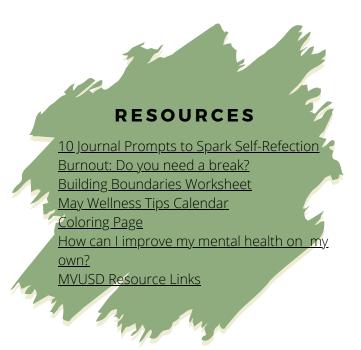


A MONTHLY WELLNESS NEWSLETTER

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Mental Health Awareness

May is mental health awareness month so now is the time to take action for your own mental health! Mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.





SMARTPHONE APPS

- Calm
- Personal Zen
- <u>Happify</u>
- Pacifica
- SuperBetter
- Breathe2Relax
- How We Feel