

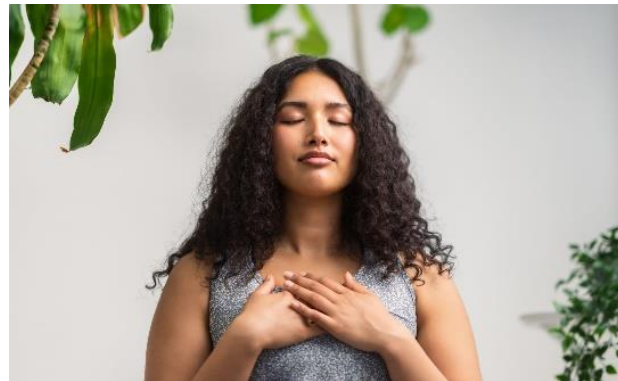


May is Mental Health Awareness Month

May is Mental Health Month—a perfect time to get educated, get support, and learn ways to make mental health a self-care priority in your daily life. Behavioral Health is one of [Level Up's](#) five dimensions and we want to encourage you to nurture your mental and emotional health.

What is Mental Health?

Mental health is not the absence of mental illness. It is our emotional, psychological, and social well-being. Mental health is also an element of our health that can be amplified or diminished by any number of influences, and those influences are unique to each person, such as our environment, our relationships, our workplace, our social circles, our community, etc.



Common Mental Health Concerns

- Burnout.
- Anxiety.
- Depression.
- Substance Abuse.

Self-Care Strategies for your Mental Health

Whether you're looking to prevent these common mental health challenges or want to take steps toward restoring your mental health, here are some things you can do to attain those goals.

- Eat well.
- Prioritize sleep.
- Explore the outdoors.
- Set boundaries.

- Get regular exercise.
- Practice stress management & mindfulness.
- Stay connected with people who support you.

Additional Resources

- [Omada Program](#)
- [Inova – Employee Assistance Program](#)
- [Mindful Month Chart](#)
- [Cigna](#) members
- [Kaiser Permanente](#) members

Date	Class	Registration Link
May 13	Food & Mood	Sign up now
May 14	Manage your Stress for Optimal Living	Sign up now
May 15	Mindfulness Fundamentals	Sign up now

Prizes

Everything is better with prizes, right?

Each day, Level Up will raffle a **Beats Pill Portable Bluetooth Speaker**:

To be entered into the random drawing on May 13, May 14 and May 15, you must **register and attend** at least one (1) webinar scheduled for that day. Prize winners will be announced during the weekly Wellness Wednesday newsletters.

We must continue to improve our mental wellness and ensure our minds are cared for—that's staying positive and elevating our total well-being!



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