

MONTHLY WELL-BEING NEWSLETTER: YOUR PERMISSION SLIP FOR SELF-CARE

May is Mental Health Month, and we're focusing on something that sounds simple but often gets pushed aside: *taking care of yourself*.

Self-care isn't about spa days or expensive retreats. It's about the small, everyday choices that help you show up as your best self at work, for your family and yourself. That could be getting enough sleep, going for a walk at lunch, or stepping away from your screen in the evening.

These things might feel optional when life gets busy, but they shouldn't be. Even small actions can have a tangible impact on your emotional well-being.



Simple Ways to Build Self-Care Into Your Day

- + **Use your breaks and your PTO.** Time off isn't a luxury; it's how you recharge. Take your breaks during the day and actually unplug when you're away from work.
- + **Move in whatever way works for you.** Stretch at your desk, take a short walk, or do something active you enjoy. Movement isn't just physical; it clears your head, too.
- + **Talk to someone when things feel heavy.** If you're feeling overwhelmed, you don't have to figure it out alone. Reaching out to a friend, family member, or professional can make a real difference.
- + **Take a few minutes for gratitude or stillness.** Even five minutes of mindfulness can shift your day. Here are some [recorded meditations](#) to help you feel more focused and recharged.



Support Is Already Available to You

You may have more mental health resources at your fingertips than you realize:

- + Your **health insurance carrier** likely offers digital and phone-based mental health support in addition to in-person providers. Log in to your carrier's website to explore what's available.
- + Many employers also offer a no-cost **Employee Assistance Program (EAP)** that provides confidential counseling for you and your family. You can find details in your benefits summary or reach out to your HR team.

Join Us for Our Free Webinar Hosted by Alisha Trout

"Building Resilience: How to Bounce Back from Setbacks at Work and Home."

WHEN

May 27, 11:00 AM CT

WHERE

Online. [Register here.](#)

From Surviving to Flourishing

Does it sometimes feel like simply getting through the day is the best you can hope for? You're not alone. In a world of relentless change, deep division, and the constant pull of news and social media, feelings of overwhelm, stress, anxiety, and exhaustion have become all too familiar. Many of us are surviving but something in us knows we were made for more. The good news? Science agrees. Growing research reveals that flourishing isn't a luxury reserved for the lucky few—it is, in fact, our deepest human potential. And there is a path to get there.

Join the Two-Session Workshop with Patti Holland

"Flourishing in Today's World"

WHEN

May 15 & May 19,
11:00 AM CT

WHERE

Online. [Register here.](#)

You Don't Have to Overhaul Your Life

Self-care doesn't require a total reset. Whether it's adding a 10-minute walk to your routine or putting your phone down an hour before bed, every small step helps.

The goal isn't perfection. It's progress.

