

COMMIT TO *FEELING*

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

May is Mental Health Awareness Month. Explore and embrace your feelings by committing to at least three activities from the list below.

- Schedule a counseling session using your EAP benefit. [Learn what you can expect here](#) or call 800.327.4692 to connect with a counselor
- Smile and laugh
- Take a break from social media. [Find out how social media fuels FOMO](#)
- Acknowledge your achievements
- Take the [DASS-21 assessment](#)

