

### Get a Jump Start with the June Monthly Motivator



**A healthy breakfast helps fuel your day!**  
Jump start your day with a healthy breakfast. Use our easy checklist for some ideas on how to fuel yourself so you can stay energized and focused all day long.

[Download the June Monthly Motivator](#)

[Click here to download in Spanish](#)

### Stay Connected with our Blog and Podcast

We're here to help you overcome life's challenges and achieve your full potential. Whether you're taking the first step or already making strides, we have a [digital content hub](#), filled with expert podcasts, blogs, and webinars designed to inform, assist, and inspire you on your way to greater well-being.

#### June Blog



#### [Small Daily Habits That Can Improve Mental Health \(Even on Busy Summer Days\)](#)

When the weather gets warmer, thoughts often turn to recreation and relaxation. But far too often the reality is that the "lazy days of summer" are often some of the busiest days of the year. We look forward to vacations, but those need to be planned around work schedules. Kids are happy to be home from school, but they need to be entertained and cared for. Calendars quickly fill up with activities, travel, family events, and social obligations. [Read more...](#)

#### June Podcast

**[Living Beyond Schizophrenia](#)**  
In this episode, host Johanna Dunlevy sits down with mental health advocate and commercial real estate broker Matt Connolly to discuss his personal journey as someone who has been diagnosed with schizophrenia. Matt shares what it was like to live with untreated symptoms for more than a decade, the circumstances that led to him receiving his diagnosis, and how medication, support, and wellness practices have helped him remain symptom-free for more than 20 years. Tune in for this honest and hopeful discussion surrounding mental health. [Listen here...](#)



#### Monthly Benefit Spotlight

#### [EAP Counseling](#) Support to help you navigate life's challenges

EAP Counseling is short-term, solution focused support to help you navigate life's challenges. If you find that you are struggling with:

- Depression, anxiety, and stress
- Grief and loss
- Relationships
- Or anything that is happening in your life where you need some clarity or direction.

EAP Counseling is here to help give you the tools you need to get back on track. Click below to learn more about this important benefit.



Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us to use your benefits by calling 800-327-4692 or explore your [EAP benefits](#) on our website.

[Explore your benefits](#)

#### June is Men's Mental Health Awareness Month

May was Mental Health Awareness month which focused on the mental health needs of everyone. However, men often face a unique set of challenges when it comes to talking about mental health. We hope the resources below will be informative and helpful.

- Watch our webinar: [Breaking the Silence: Men and Mental Health](#)
- Read our blog: [Overcoming Challenges to Seek Help](#)
- Listen to our podcast: [Fatherhood, Presence over Perfection](#)

Your inbox isn't the only place to find us...follow us today!

