

MAY 2019

Mental Health Month

People often focus on their physical health, but mental health is equally important. Oftentimes, workplace stress is a main factor in declining mental well-being. Meeting job deadlines, having a heavy workload, being under constant pressure and working long hours all take their toll. That kind of stress can spark feelings of insomnia, anxiety, depression and even anger.

Luckily, there are ways to reduce workplace stress that can carry over into your everyday life:

- Prioritize your duties from least to most important.
- Slow down and think problems through before reacting.
- Ask for help with tasks if you need it.
- Take a break when you begin to feel overwhelmed.

You don't have to feel alone. If you're experiencing any sort of mental health issue, whether mild or severe, please visit www.mentalhealthamerica.net/.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|-----------|----------|--------|----------|
| Arthritis Awareness Month Better Hearing and Speech Month Food Allergy Action Month Global Employee Health and Fitness Month Global Youth Traffic Safety Month Healthy Vision Month | | | | | | |
| Hepatitis Awareness Month International Mediterranean Diet Month Melanoma/Skin Cancer Detection and Prevention Month Mental Health Month National Asthma and Allergy Awareness Month | | | | | | |
| National Osteoporosis Month National Physical Fitness and Sports Month National Stroke Awareness Month National Teen Pregnancy Prevention Month Preeclampsia Awareness Month Ultraviolet Awareness Month | | | | | | |
| | | | 1 | 2 | 3 | 4 |
| 5 TAKE ACTION Week 1 Cinco de Mayo | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 TAKE ACTION Week 2 Mother's Day | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 TAKE ACTION Week 3 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 TAKE ACTION Week 4 | 27 Memorial Day | 28 | 29 | 30 | 31 | |

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