



# May is Mental Health Awareness Month

Join us for this fun and easy mental health challenge! This year's theme is **Let's Thrive — Your 31 Day Journey Toward Wellbeing**

May is Mental Health Awareness Month, and we want to take this opportunity to encourage everyone to participate in our company-wide challenge to promote better mental health.

Mental health is just as important as physical health, and we believe that taking small steps toward better mental health can make a big difference in our overall wellbeing.

We've created a calendar of wellness activities that are designed to be flexible and relatively easy to complete. Each day you'll have a new task to complete, and you can mark it off with a checkmark in the daily check box.

If there's an activity that cannot be completed, simply skip it or find something else that is achievable. Don't stress too much over it – that would defeat the purpose of the program!

## It's as Easy as 1-2-3 ...

To participate in the May Mental Health Awareness Challenge, download the attached calendar and start marking off your daily tasks beginning May 1. We encourage you to share your progress with colleagues and on social media using the hashtag **#MHAwarenessChallenge**.

Please return your calendars to [insert name and location] before [insert date]. **To be eligible for a prize, you must complete at least 20 of the 31 activities.**

Together, let's make May the month of better mental health and mindfulness. Thank you for your participation!

**Program Dates: May 1 – May 31, 2024**

Sincerely,

*"You are worthy of happiness and peace of mind."*

*"You are stronger than you realize."*