

Mental Health Awareness Month & May Wellness Programs

Turn Awareness into Action

Mark the progress that's been made in recognizing the importance of mental health and the challenge to turn understanding into meaningful steps towards change.

**Write down three specific self-care goals for the month and post them where you'll see them.*

**Try a breathing exercise to feel more grounded. Inhale for 4, exhale for 4 and hold again for 4. Repeat as needed.*

**Spend time in nature. Go for a walk. Take a yoga class at your local park*

**Practice good sleep habits. Resist the urge to use your phone or TV in bed. Create a cool, dark and quiet environment. Aim for 8 hours of sleep.*

WELLNESS PROGRAMS

Total Brain June Challenge - Pause for Impact: How to take breaks that actually work. Be on the lookout for more info.

*Kaiser Permanente's Healthy Eating Demo - Make a Healthier Trail Mix
5/8/25 12:30 to 1:00*

*Anthem's EAP Webinar - Clean Living
5/13/25 12:00 to 1:00*

*Kaiser Permanente's Webinar - Moving from Burnout to Brilliance
5/22/25 12:00 to 1:00*

*Kaiser Permanente's Healthy Eating Demo - Build a Better Smoothie
5/28/25 12:30 to 1:00*

*Contact Employee Wellness to learn more and to get registration links
employeehealth@fultoncountyga.gov*



These programs are available to all employees and retirees regardless of healthcare provider.

