



## Connect with nature: Breathe

May is Mental Health Awareness Month — and with the weather getting warmer, it's a great time to focus on your emotional well-being. Stepping outdoors can boost your sense of well-being. And it doesn't have to take a lot of time. Simply watching a bird in flight can lift your spirits.

This month, find tips to help you create more moments of peace, strengthen your mental health and more.



### Your mental well-being can impact your heart health

Studies show that emotional risk factors for heart health include:

- Prolonged stress
- Depression
- Responding to stress with anger

Coping well with life's pressures can protect your physical health. Keeping calm in the face of stress can make a difference for your heart.



### Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars

> Upcoming webinars to register today.

**[See upcoming webinars.](#)**

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