

WORKLIFE NEWSLETTER



Focus on balance: Build resilience

May is Mental Health Awareness Month. It's a great time to focus on adding more resilience to your life. Some ways you can do that include practicing self-care, nurturing connections with others and engaging in activities you enjoy.

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](#)

