



# Mental health: Take time for your mind

## NATIONAL MENTAL HEALTH MONTH



May is Mental Health Month, raising awareness about the importance of mental health and wellbeing. Check out our events and May challenge to promote brain and mental health.



## MONTHLY CHALLENGE

**6** May Mental Health Challenge!

 May 1st – May 31st

Take steps to improve your brain and mental health by completing a mental health focused program before May 31st. Schedule and complete at least one mental health focused program on the Burnalong platform (maternal mental health, meditation, mindfulness, etc.) and celebrate your commitment to mental wellness at the Winner's Circle live event!

## NUTRITION FOCUSED LIVE EVENT



 May 17th at 12 PM ET

Managing stress is important to overall health and wellness. This is easier said than done in high-stress environments. Join us for tips on how to take control of stress levels, even in extreme pressure situations.

**burnalong**<sup>®</sup>