MAY

Mental health awareness month
Let's talk about mental health

Monthly well-being tip

Take micro-breaks. Busy days can make it hard to pause, but even short breaks matter. Taking just 2–5 minutes to stretch, breathe deeply or step away can help reduce stress, improve focus and boost overall well-being. Small, intentional pauses throughout the day add up. And they support a healthier, more sustainable workday for everyone.

Well-being fun fact

Did you know that smiling can boost your mood? Even a quick, intentional smile can trigger feel-good chemicals in your brain. These chemicals help reduce stress and support well-being.* It's a small action that can make a positive difference in your day.



What you should know

Mental health plays an important role in overall well-being. Like physical health, it affects how we think, feel, manage stress, connect with others and show up each day—at work and at home. When we understand a few key basics, we can help create a healthier, more supportive workplace for everyone.

Mental health is part of everyday life. It's not just about serious conditions or moments of crisis. Mental health exists on a range and can change over time. Workload, life events, relationships, sleep and stress levels can affect it. Everyone has mental health, and everyone experiences ups and downs. Taking care of it is a normal and important part of self care.*

(continued on next page)

WELLNESS OBSERVANCES/DAYS*

- Mental health awareness month
- Women's health month
- Arthritis awareness month
- National physical fitness and sports month
- Better sleep month
- Hepatitis awareness month
- Lupus awareness month
- Melanoma and skin cancer awareness month
- Osteoporosis awareness and prevention month
- National stroke awareness month

IN-SEASON PRODUCE

- Apricots - Supports digestion*
- Cherries - Full of antioxidants*
- Asparagus - Supports vision*
- Peas - Provides Vitamin C*
- Carrots - Supports eye heatlh*

*FOR WELL-BEING FUN FACT SOURCE: Very Well Mind. 10 Big Benefits of Smiling. Accessed February 11, 2026.
*FOR WHAT YOU SHOULD KNOW SOURCE: World Health Organization. Mental health at work. Accessed February 11, 2026.
*FOR WELLNESS OBSERVANCES SOURCE: SOPHE. National Health Observances. Accessed February 11, 2026.
*FOR APRICOTS AND CHERRIES SOURCE: Center for Science in the Public Interest. What's in season: May produce guide. April 30, 2024. Accessed February 11, 2026.
*FOR ASPARAGUS, PEAS AND CARROTS SOURCE: U.S. Department of Agriculture. Seasonal produce guide: Spring. SNAP-Ed Connection. Accessed February 11, 2026.

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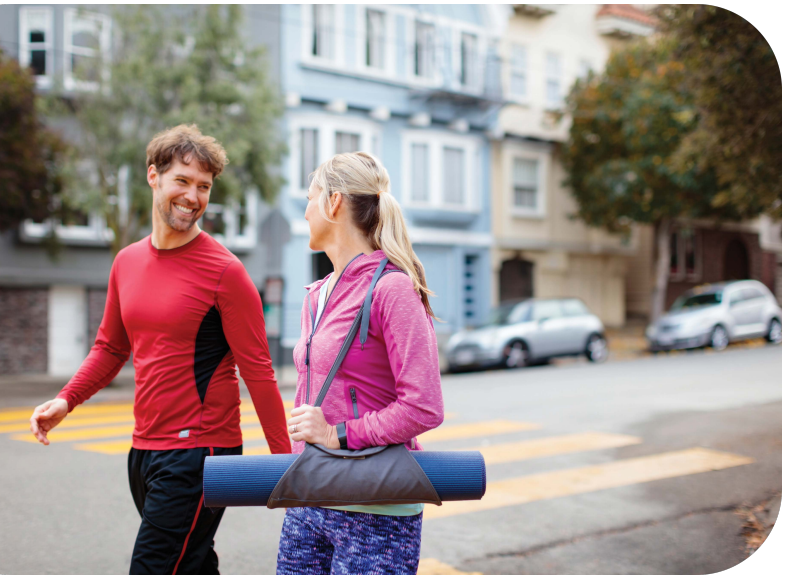
What you should know* (continued)

Stress is common - and support helps. Stress can show up at work, especially during busy or uncertain times. Some stress can help you stay motivated. But too much stress for too long can affect your focus, energy, mood and overall health. Noticing stress early and taking small steps, like taking breaks, setting limits or asking for help, can make a real difference.



Small actions can have a big impact. Supporting mental well-being doesn't have to be mean big changes. Simple, everyday actions can help, such as:

- Taking short breaks to reset during the day
- Moving your body, even briefly
- Practicing deep breathing or mindfulness
- Staying connected with coworkers
- Allowing yourself time to recharge*



It's okay to ask for help. Reaching out for support shows strength, not weakness. Talk with a trusted coworker, your manager or use available resources. Getting help early can keep challenges from feeling too big. No one has to manager mental health alone.*

This month and every month. Mental Health Month reminds us to pause, reflect and care for our well-being. But mental health matters all year long. When we stay informed, support each other and practice small acts of self-care, we help create a healthier and more connected workplace.

*FOR WHAT SHOULD YOU KNOW SOURCE (CONTINUED): World Health Organization. Mental health at work. Accessed February 11, 2026.
*FOR NAVIGATING MENTAL HEALTH SOURCE: National Institute of Mental Health. Caring for your mental health. Accessed February 11, 2026.

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Spring greens with salmon and apricot-ginger vinaigrette*

Ingredients

Vinaigrette

- 1/4 cup all-fruit apricot spread
- 1/4 cup fresh orange juice
- 2 tablespoons white wine vinegar
- 1 tablespoon sugar
- 2 teaspoons grated peeled gingerroot
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon salt

Salad

- 4 cups mixed salad greens (spring mix preferred), torn into bite-size pieces
- 2 cups baby spinach leaves
- 1 cup shredded red cabbage
- 1 cup fresh or frozen snow peas, thawed if frozen, trimmed and halved diagonally
- 1 7.1-ounce vacuum-sealed pouch pink salmon

Instructions

1. In a food processor or blender, process the vinaigrette ingredients until smooth.
2. Put the salad ingredients except the salmon on a serving platter. Pour the vinaigrette over the salad. Toss gently. Crumble the salmon on top. Serve immediately for peak flavor and texture.



Quick tip

Freezing gingerroot keeps it fresher longer and makes it easier to peel and mince. Wrap the unpeeled root in aluminum foil and freeze it for up to six months. When you're ready to use it, peel the gingerroot with a paring knife or vegetable peeler. Grate it with a rasp grater. Or, you can slice the frozen gingerroot and use a rotary grater to quickly mince a large quantity.

*FOR RECIPE SOURCE: American Heart Association. Spring Greens with Salmon and Apricot-Ginger Vinaigrette. Accessed February 11, 2026.

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