



Well onTarget®

Health Kit | **May 2021**

Hello!

Here is your Health Kit for May 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

As we continue to navigate the COVID-19 pandemic, it's important to tend to your mental well-being. This month's Health Kit provides information on how to take care of yourself, even during a crisis.

Poster

Check out this month's poster for ideas on how you can tend to your mental health.

[Download Poster](#)

Brain Game

Find words associated with taking care of yourself.

Download Game

Recipe

Even while working from home, it's important to take breaks and nourish your body. This simple recipe will create an easy way to do just that!

Download Recipe

Short Video

Watch this short video for common indicators that you might be struggling with your mental health.

Watch Video

Podcast

Listen to this podcast to learn healthy ways to cope with your feelings.

Listen

Additional Information:

[For More Information on Managing Your Mental Health During a Crisis](#)

Coming up...

Tune in next month for information on getting active without leaving your home.

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