



May is Mental Health Awareness month!

Take time for self-care

If you are not feeling your best mentally or emotionally, you are not alone. Many Americans are impacted by mental health challenges, increasing the likelihood that you or someone you know may be among them.

Did you know...

- 1 in 5 adults experience a diagnosable mental health condition each year\*
- 1 in 20 adults experience a serious mental illness each year\*
- 17% of youths (6 – 17 years old) experience a mental health condition each year\*

Awareness is the first step in finding support, and **USG offers many resources** to help you and your loved ones manage your mental health. This month, you can register for a five-week Mindfulness Workshop Series presented by USG Faculty and Staff. See the events list below for registration details.

\*Source: National Institute of Mental Health

Find support: Employee Assistance Program

The USG Employee Assistance Program (EAP), provided by Acentra Health, is a free, confidential program that provides resources and counseling services to support the emotional well-being of you and your loved ones. Call **1-844-243-4440** or visit **usg.mylifeexpert.com**. Company Code: USGCares.



MENTAL MOMENT

Mindfulness meditation strengthens your mind and helps you to become more calm, focused and resilient in everyday life. Anyone can try it. All you need is a quiet, comfortable place to focus on your breathing. Ready to give it try? Watch this video to learn more.

**How to Do Mindfulness Meditation** — Video presented by Kaiser Permanente.



MONTHLY WELL-BEING TIP: Digital detox

Technology makes it easy to connect with others, but excessive use of digital devices has been linked to anxiety, depression, poor sleep quality and low self-esteem. Find 30 minutes each day to get outside, have an in-person conversation or exercise. Even a short detox from digital devices can improve your mood and mental health. Read more about the benefits of **Digital Detox for Your Mental Health**.

JOIN US FOR LIVE USG WELL-BEING EVENTS

Register now to attend these upcoming events focused on mental well-being.

**MAY 1 — Well-being Wednesday: Healthy Mind Toolkit** by Acentra Health at 11 a.m. ET

**MAY 2, MAY 9, MAY 16, MAY 23 and MAY 30 — Five-week Mindfulness Workshop Series** by USG Faculty and Staff at 12 p.m. ET.

NOTE: If you participate in all five workshops, you’ll receive a certificate of completion.

**MAY 13 — Money Monday: Embracing the New Longevity — Eldercare & Long-Term Care** by Corebridge Financial at 12 p.m. ET

**MAY 15 — Well-being Wednesday The Many Faces of Grief** by Acentra Health at 12 p.m. ET



Visit the  
Events Calendar  
for more events.

Explore the **USG Well-being website** for more information.

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