

May Wellness Newsletter

Your Monthly Dose of Mindful Living

May is [National Mental Health Month](#), a time to raise awareness, break stigma, and prioritize what truly matters—*your mental and emotional well-being*.

With the fast pace of everyday life, it's easy to put our mental health on the back burner. But just like physical health, our minds need consistent care, compassion, and attention.

This month let's explore simple, yet powerful ways you can support your mental wellness and create space for rest, reflection, and resilience.

3 Ways to Support Your Mental Health This May:

1. Make Space for Mindfulness

Start your day with 5 quiet minutes. Whether it's [deep breathing](#), [meditation](#), or simply sipping your coffee in silence—mindfulness reduces stress and helps regulate emotions.

Try this: [Box breathing](#)—Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat 4 times.

2. Move Your Body, Clear Your Mind

Exercise doesn't have to be intense. A 10-minute walk, dancing in your kitchen, or stretching before bed can do wonders for your mood and energy.

Bonus: Movement boosts endorphins—your natural mood elevators.

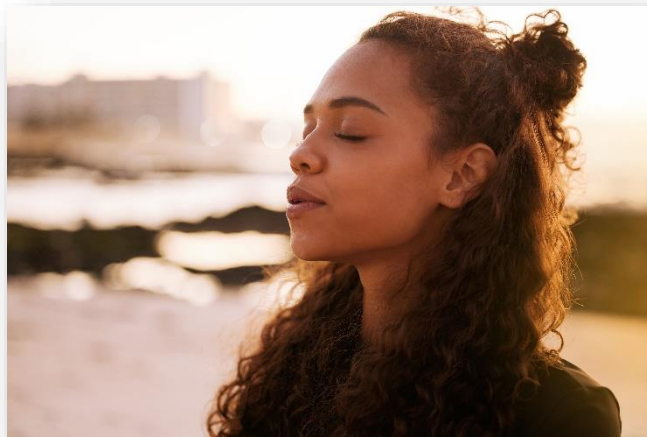
3. Set Boundaries with Compassion

Saying “no” when needed isn't selfish—it's self-care. Protect your energy by honoring your limits and creating balance between your personal and professional life. Try this [“Setting Boundaries”](#) worksheet.

Let's break the myth that we have to be “fine” all the time. Mental health is fluid, and it's *normal* to experience highs and lows. You're not alone—and support is always within reach.

Helpful Resources:

- [Mental Health America \(MHA\)](#)
- [988 Suicide & Crisis Lifeline](#) or dial 988
- Free meditation apps: [Insight Timer](#), [Calm](#), [Headspace](#)



For more information and resources on mental health, visit your Be Well Vermont Wellness Platform:
www.bluecrossvt.org/bewellvt



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