

# MAY



## Wellbeing That Actually Works.

Sustainable energy, emotional awareness, and practical habits

MON	TUE	WED	THU	FRI
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<b>Mental Health Month Launch</b>  4	5	<b>Mental Health Talks</b>  6	7	<b>Keeping Balance</b>  8
<b>Reset Space Launch</b>  11	12	<b>Mental Health Talks</b>  13	14	<b>You Said, We Did</b>  15
<b>How Are You Really?</b>  18	19	<b>Mental Health Talks</b>  20	21	<b>Reality Check</b>  22
25	26	<b>Mental Health Talks</b>  27	28	<b>Wellbeing Commitment</b>  29

**04 | Mental Health Month Launch**

Managers host a short team conversation to raise awareness and normalize talking about mental health.

**06, 13, 20, 27 | Mental Health Talks**

Confidential 30-minute one-on-one sessions with a mental health professional.

**08 | Keeping Balanced**

Use our resource to help you stay balanced when work feels full or overwhelming

**11 | "Reset Space" Launch**

Set up a quiet space for short breaks—calm music, low lighting, no work talk.

**15 | You Said, We Did**

Share one real wellbeing change made based on employee feedback. This shows action and builds trust.

**18 | How Are You Really?**

Create a shared emoji board (physical or digital) where team members can share how they're feeling and build awareness of how others may be feeling.

**22 | Reality Check**

Managers ask their teams: "What currently feels unnecessary, overwhelming, or unclear?" Then take action on what's shared.

**29 | Wellbeing Commitment**

Each person commits to one wellbeing habit to carry forward into June.