

MAY 2025

# WELLNESS EVENTS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter

## May is Mental Health Awareness Month

Available to all Employees Regardless of Insurance Coverage

Monday, May 19 - Caregiver Support: Join to learn about what is a caregiver, understanding caregiver burnout and how to prevent it, tips for being a healthy caregiver, and how to support a caregiver.

Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Tuesday, May 20 at 3:30 p.m. - Staying Mentally Healthy with Technology: Learn how technology can healthy and unhealthy, ways that technology can affect us mentally and physically, and tips and techniques for finding a healthy relationship with technology.

Wednesday, May 28 - The Power of Social Connection: Learn how social well-being is important and linked to our overall well-being, the three vital components of social well-being, and strategies to improve your social connections. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

## Links You Can Share:

[Caring for Your Mental Health](#)

[Nurtured by Nature](#)

[Exercise is Key in Mental Health & Well-Being](#)

[Get Help for Yourself or Others](#)

“Healing takes time, and asking for help is a courageous step.”



STATE OF NEW MEXICO WELLNESS NEWSLETTER



Mariska Hargitay