

The Wellness Wheel

May is Mental Health Awareness Month

This month, we're spinning the **Wellness Wheel** with timely tips and resources to support your mental wellbeing.

Move More, Feel Better

Even small amounts of movement can boost mood and sharpen focus. Discover simple ways to add movement to your day with [8 Benefits of Exercise on Mental Health](#).

Anxiety and Depression Aren't a Choice

They often develop through a cycle of thoughts, emotions, and behaviors – and they can affect anyone. Explore [5 lifestyle changes that may help manage anxiety](#). Try the [Living with Anxiety](#) online UHC course led by a PhD.

Feeling Overwhelmed? You're Not Alone

Ongoing stress can take a toll on your overall health. Watch this [4-minute video](#) to learn how to reframe negative thoughts into positive ones. Log in at [GuidanceResources.com](#), click Register; use Org Web ID: LFGSupport. For more on how to recognize burnout, view [Wellworks newsletter](#).

Is It Time for a Digital Reset?

Take a moment to assess your screen time habits and explore ways to unplug. **Coming May 18:** Join our [Digital Detox Challenge](#) – log in to your Wellworks portal to sign up.

Support Is Always Available

- **Employee Assistance Plan (EAP):** Confidential support for all employees. [GuidanceResources.com](#), click Register; use Org Web ID: LFGSupport.
- **Vida:** Personalized coaching and therapy for Taylor medical plan members. Visit [vida.com/taylor](#).



Stay Tuned, Stay Powered Up

Remember, your benefit program resources are available 24/7 on [Your Benefits Hub](#) at [employees.taylor.com](#).

Next month...

We'll celebrate Employee Wellness Month with more ways to help you feel – and live – your best.



Scan Here

Link to Your Benefits Hub for all your benefit plan details.