



# Live Well, Stress Less

Celebrating Mental Health Awareness Month

**May 1-31, 2022**

## Rules:

1. Incorporate mental health and well-being activities **daily in May**.

**1a. Complete activities** from the list provided—centered around stress management, confronting burnout, work-life balance, and workplace relationships—or come up with your own.

**1b. Fill out the calendar** with the activities you complete.

- You can repeat activities, but doing a **variety is encouraged**.
- You can also record more than one activity per day or skip days.

2. **Weekly email tips will be sent to you every Monday.** Included in the email will be prompts for **journal entries**, which are optional but **highly encouraged**, as a way to reflect on your health practices.

3. An **optional Zoom lunchtime chat** will be offered **at 12-12:50 p.m. on May 19** to provide an opportunity to share experiences and build a sense of community.

4. After completing as many activities as you can, **email your calendar to Suzzane Huynh by June 3.**



### Prize information

- Complete Step 4 by June 3. A submitted calendar with **at least one activity** filled out will be entered into the raffle.
- Prize winners will be randomly selected and announced in **mid-June**.

**USC** WorkWell Center

**For questions please contact:**

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