



May, 2026

## For Your Health: **Mental Wellness**

**This month's wellness theme is Mental Wellness!** Prioritizing your emotional wellbeing is essential for building resilience, finding balance, and boosting your overall mental and emotional health. Small, intentional steps can make a big difference in how you navigate life's challenges and opportunities.

**Let's focus on cultivating a healthier, more balanced mindset together!**



### Learn More

Uncover habits and practices that can help you cultivate balance and resilience while navigating life's challenges, improving your emotional wellbeing and helping you thrive.

[View the article](#)



### Earn Rewards

Take steps to manage your health with Sydney Health. Earn \$40 each for completing a **LiveHealth Online** virtual visit or engaging with the **Building Healthy Families** program, for up to \$80 total!

[Download the Sydney Health app](#)



### Try This

This month's recipe combines fruits and veggies with energy-boosting add-ins for a refreshing treat! Try this quick and delicious Energizing Green Smoothie Bowl.

[View the recipe](#)

## **Maximize Your Benefits**

Your Employee Assistance Program (EAP) is here to help you and your household through difficult times. It includes up to 4 visits for in-person or virtual counseling per person in your household, resources to help you balance work and life, self-help digital tools, and more! *The EAP is private, confidential, and available to you at no extra cost.*

**Anthem** 

**Get the help you need, 24/7**

- Visit [www.AnthemEAP.com/aoc](http://www.AnthemEAP.com/aoc).
- Call your EAP at 855-873-4932 for help with questions.

[Learn more](#)

Let's keep the energy going into next month, where we'll focus on **Sleep and Recovery**.

Learn more and explore additional resources on our [THRIVE! page](#).