

# MENTAL HEALTH AWARENESS MONTH 2025: TURN AWARENESS INTO ACTION

## COMPLIMENTARY WEBINAR SERIES

Throughout May, **JHEAP** is offering **five complimentary webinars** to equip you with practical tools to improve mental health for yourself and those around you. **Taking proactive steps** to care for your mental wellbeing isn't just self-care, it's an **investment in your future**.

**TO REGISTER:** click the titles of the sessions you'd like attend.

### PRACTICING KINDNESS

Thursday, May 1<sup>st</sup> @ 11 am – 12 pm ET

Kindness is more than a feel-good gesture—it's a powerful force for personal and collective well-being. Discover how intentional acts of kindness can boost your mood, strengthen connections, and create ripple effects of positivity.

### PRACTICING MINDFULNESS

Wednesday, May 7<sup>th</sup> @ 12 – 1 pm ET

In the rush of everyday life, we often miss chances to be fully present. That's where mindfulness comes in. As an introduction to mindfulness, learn why it matters, how it promotes wellbeing, and practical ways to make it part of your routine. Also join two guided meditations to experience its calming effects firsthand.

### PRACTICING GRATITUDE

Thursday, May 15<sup>th</sup> @ 10 – 11 am ET

Gratitude is one of the most impactful tools for boosting mental health and resilience. Learn the science behind gratitude and how it can be cultivated in both personal and professional settings. Leave with strategies to incorporate it into your daily life, even during challenging times.

### PRACTICING SELF-COMPASSION

Tuesday, May 20<sup>th</sup> @ 1 – 2 pm ET

It isn't always easy to show ourselves the same compassion we show others, but practicing self-compassion helps us be less self-critical, which in turn, decreases stress, increases resiliency, and improves life satisfaction. Explore the components of self-compassion and share tools for turning our inner critic into our inner friend.

### PRACTICING MIND-BODY WELLNESS

Wednesday, May 28<sup>th</sup> @ 3 – 4 pm ET

Exercise is great for our bodies, but what can it do for our mental state? Discover how exercise contributes to a healthy brain, what happens to our brain when we exercise and why it is so essential to our mental health. You will leave with practical tips to get started and maintain motivation.

ACCESS LINE: **888-978-1262**  
WEBSITE: [myccaonline.com](https://myccaonline.com)  
Access Code: **JHEAP**

