

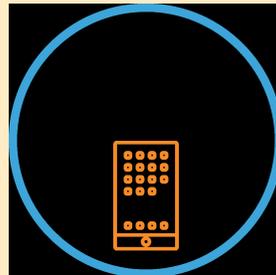


## Let's Talk About Mental Health

At this time, many of us are experiencing new or different mental health challenges. It is normal to feel overwhelmed, sad, anxious, and afraid. WorkWell NYC wants you to know that you are not alone.

In recognition of Mental Health Awareness month, WorkWell NYC is launching the *Let's Talk!* campaign to encourage all employees to talk about the importance of mental health and emotional well-being. Read more about how you can get involved below.

## Resource Center



## WEEKLY ROUND-UP

### *Let's Talk!*



Approximately 1 in 5 New Yorkers experience a mental health disorder each year. Mental illness is extremely common but is often hidden due to the stigma associated with it. Help create an inclusive, stigma-free work environment by participating in the following activities:

- Webinar: [Resilience during COVID-19](#)
- Roundtable: [Stigma in the Workplace](#)
- Webinar: [Financial Fitness](#)
- Take the [Let's Talk! pledge](#)
- Daily tips and inspiration on Instagram [@workwellnyc](#)

[Visit our website](#) to learn more and join the movement.

**New! WorkWell Digital May Calendar**

## WorkWell DIGITAL



The May calendar is here and it's packed with virtual events and classes! Some new offerings include power yoga, 90s fitness dance, family-friendly fitness, themed meditations and more. You'll also find a complete schedule of webinars and other upcoming events. Check out the [May calendar here](#).

**We want to know how we're doing!** Take this short survey and let us know what you think about our virtual fitness and mental wellbeing classes. [Take the survey here](#).



### Pregnancy, Breastfeeding, and Caring for a Newborn

If you are pregnant, breastfeeding, or caring for a newborn at this time you may have questions about how to keep yourself and your baby healthy.

Find support and information about maternal health and COVID-19 [here](#).

### Show Your Appreciation



We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have. - Frederick Keonig

Take some time and appreciate the loved ones in your life by calling or video chatting with a family member or friend. Bonus points if it's with someone you haven't talked to in a while. Some fun things to talk about include: What is an unexpected good thing that happened as a result of staying at home? What is a cool book, movie, tv show, game, or other fun activity you've discovered?

### Eat the Rainbow



Keep your body fueled and nourished by eating a variety of colorful fruits and vegetables. Frozen, fresh, or canned – can you get each color of the rainbow on your plate this week? Whether it's tomato sauce, baby carrots, pink grapefruit, frozen spinach, cabbage or beets, covering all the colors ensures you are getting a mix of nutrients.

Show us the colorful fruits and vegetables you are eating on [Slack!](#)

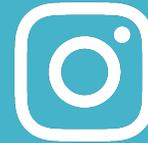
# JOIN THE CONVERSATION



Don't forget to join our Slack channels to connect with fellow City employees on staying well during this time.

- [Be Well](#)
- [Eat Well](#)
- [Move More](#)

Also, check out the [Wellness Anywhere webpage](#) to access self-care and wellness resources when and where you need it.



Follow us on Instagram!  
[@workwellnyc](#)