**To share this message with your employees, copy everything below the line and paste it into a new email. You can also include this message in an employee digest, newsletter, or other communication.**

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| Manage your **mind**! |
| Everyone has to manage their mental health, but it can be difficult to know how. We have compiled several resources to help support **mental wellbeing** all month long and beyond**.** This month’s resources include:

|  |  |  |
| --- | --- | --- |
| First aid kit with solid fill | Strategies for dealing with student debt |  |
| Spinning Plates with solid fill | How your EAP can help you overcome what life throws your way |  |
| Connections with solid fill | Discover how to better understand the stress in your life and deal with it appropriately |  |

[**Access the resources here.**](https://c67fc0a127884091a74616124b32e0b4.svc.dynamics.com/t/r/khB6PX_sdMEjHaApK9uPc2OzJPhQL1-LXXSlQ5VAWx4) |
|  |
| **En Español** |
| Controle la **mente.** |
| Todo el mundo tiene que manejar su **salud mental**, pero puede ser difícil saber cómo. Hemos recopilado varios recursos para ayudar a apoyar su **bienestar mental** durante todo el mes y más allá. Incluido este mes:

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| First aid kit with solid fill | Lea algunas estrategias para hacer frente a la deuda estudiantil. |
| Gymnast: Floor routine with solid fill | Aprenda cómo su EAP puede ayudarle a afrontar mejor lo que la vida le depara. |
| Connections with solid fill | ¡Descubra cómo entender mejor el estrés en su vida y cómo manejarlo adecuadamente! |

[**Acceda a los recursos aquí.**](https://c67fc0a127884091a74616124b32e0b4.svc.dynamics.com/t/r/_THLtWNwNvrByUiVVAgOfBxOUmUCz-eDDJlBgPQJDic) |