



Connect with yourself: Become

Spending quality time outdoors can help you learn, grow and recharge. From marveling at a bird in flight to watching a caterpillar crawl on a tree, connecting with nature can open you up to a sense of awe and wonder.

This month, find new ways to get moving, embrace curiosity, practice acts of kindness, manage your stress and more.



How to overcome challenges in your daily life to improve your mental wellbeing

Making small changes to the ways you think about things can have a big impact on your emotional well-being.

For instance, people often feel better when they practice:

- Positive self-talk
- Self-compassion
- Forgiveness



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

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