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5 must-reads for Mental Health Awareness Month

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HEADLINES

MAY 2023 | EMPLOYEE EDITION



5 Must-Reads for Mental Health Awareness Month

Books are a powerful way to understand you or a loved one's mental health journey

May is Mental Health Awareness Month, a time to raise mental health awareness and erase the stigma surrounding mental illness. Books are a powerful way to gain insight, empathy, and practical tips for navigating your mental health journey or understanding that of a loved one. This month, the EFR team is sharing mental health-related books in their personal library that can inspire, educate, and uplift. Whether you're struggling with mental health challenges or simply interested in learning more about the topic, we hope you find valuable insights, support, and new favorite additions to your reading list.

5 Must-Reads for Mental Health Awareness Month



May is Mental Health Awareness Month. Explore and embrace your feelings by committing to at least three activities from the list below.

- Schedule a counseling session using your EAP benefit. [Learn what you can expect here](#) or call 800.327.4692 to connect with a counselor
- Smile and laugh
- Take a break from social media. [Find out how social media fuels FOMO](#)
- Acknowledge your achievements
- Take the [DASS-21 assessment](#)

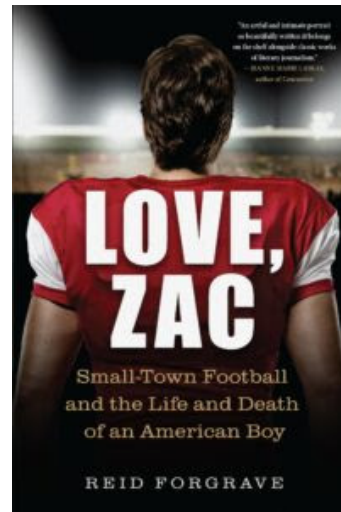


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Commit to Feeling

You will always have emotions, even if you don't understand or accept them- but it helps when you do. Recognizing and choosing to feel your emotions allows you to use them as information to guide your decisions and move forward. This month, commit to feeling by using May's Monthly Motivator to help track your progress!

[Download the May Monthly Motivator](#)



Go Beyond the Book: Tune into Emotion Well

What Zac Knew

Zac Easter was an all-American kid; he loved football, he loved his family, and he had hopes and dreams for a future with his high school sweetheart. Zac also lived with mental illness that was the result of chronic traumatic encephalopathy, or CTE. Zac knew something was wrong with his brain and wanted others to understand what he was going through so he kept journals of his experience. Having played football since elementary school, Zac had endured multiple brain injuries, or what we commonly call concussions. Zac died in 2015 as a result of his mental health issues and to honor Zac's life and prevent future tragedies, his mother, Brenda Easter, founded CTE-Hope, a foundation that raises awareness and supports additional research and funding for CTE. Brenda shares her family's journey through Zac's mental health struggles and how even in his absence, his story lives on and makes a difference for future generations of kids who play sports.

Listen to the conversation



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