

READ ME FIRST – May Wellbeing Tip – For Employers

Here are some ways you can support your workforce in May:

- Share the **flyers** in the resource folder with employees.
- Encourage employees to take our **NEW microlearning** on Everyday Stressors and Energy: [How Everyday Stressors Drain Your Energy, from Excellus BlueCross BlueShield | Rise 360](#)
- Encourage employees to register for the upcoming [“From Stressed to Strong: Strategies to Support Your Mental Wellbeing”](#) **webinar** (promotional flyer included in employee resources folder)
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [Wellbeing Webinar Series - YouTube](#)
- Encourage employees to **wear green during the month of May** to promote mental health awareness (promotional flyer included in the employee resources folder)
- Run the **Tune Into You Challenge** (located in the employer resources folder) and encourage employees to participate.
- Use the **“Top 5 Tips” slide** for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)
- Read our recent blog posts on supporting employee mental health:
 - [Your Team’s Mental Health Matters, Here’s How We’ve Got Them Covered - Excellus for Business](#)
 - [Ensuring Employees Get the Mental Health Support They Need - Excellus for Business](#)
- Download our behavioral health toolkit: [Supporting your employees mental health - Excellus for Business](#)

Here are some additional resources to explore:

- Mayo Clinic, [The mental health benefits of nature: Spending time outdoors to refresh your mind - Mayo Clinic Press](#)
- Cleveland Clinic, [How Nature Can Improve Your Mental Health](#)
- AllTrails, [AllTrails: Trail Guides & Maps for Hiking, Camping, and Running | AllTrails](#)
- NYS Parks Recreation and Historic Preservation, [Trails - NYS Parks, Recreation & Historic Preservation](#)