

May is Mental Health Month



Join us as we celebrate **Mental Health Awareness Month** this May. Each week we'll share resources highlighting the importance of taking care of our mental health with valuable information you can pass along to your co-workers, friends, and family members.

May 12, 2025, Week Three (3) of Mental Health Month resources

10 Journal Prompts to Jump-Start Action

Journaling has many health benefits including reducing anxiety, regulating emotions, encouraging awareness, and boosting our physical health. Have 5 minutes in the morning, or even better, before bedtime? Take some time to write out your thoughts and feelings, this can help you understand situations and provide more clarity for action.

Check out the **10 Journal Prompts to Spark Self-Reflection PDF** from **Mental Health America**.



Click image to download journal prompts

Mental Health Booklist to Kick Off Your Summer Reading

Less Stress, More Calm: Discover Your Unique Stress Personality by Lauren Hodges

Each stress personality chapter highlights “stress resets” and unique “superpowers” to use to shift your mindset, get to know your inner voice, and learn what parts of yourself under stress might be used as golden opportunities for growth.

The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive Workbook

An empowering journey developed to keep teachers in the classroom but applicable to all who have challenging professions. *The Onward Workbook* is a collection of tools and strategies that help banish the burnout and cultivate true resilience.

Antifragile by Nassim Taleb

Just as human bones get stronger when subjected to stress and tension, and rumors or riots intensify when someone tries to repress them, many things in life benefit from stress, disorder, volatility, and turmoil. What Taleb has identified and calls “antifragile” is that category of things that not only gain from chaos but need it in order to survive and flourish.

I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings by Lory Britian (For Children)

Happy, and also sad. Excited, but nervous too. Feeling friendly, with a little shyness mixed in. Mixed feelings are natural, but they can be confusing. With gentle messaging and charming illustrations, a little girl talks about her many layered feelings. A special section for adults presents ideas for helping children explore their emotions, build a vocabulary of feeling words, know what to do if they feel overwhelmed, and more.

Become Who You Are: A New Theory of Self-Esteem, Human Greatness, and the Opposite of Depression

by [Ryan A Bush](#) (Author), [Designing the Mind](#) (Author)

Become Who You Are reveals a radically new theory of mental health and “the opposite of depression.” Drawing from the insights of Friedrich Nietzsche, Marcus Aurelius, and Abraham Maslow, along with hundreds of scientific findings, each page will challenge your intuitions and catalyze personal evolution.

Grit: The Power of Passion and Perseverance by Angela Duckworth

Drawing on her own powerful story as the daughter of a scientist who frequently noted her lack of “genius,” Duckworth, now a celebrated researcher and professor, describes her early eye-opening stints in teaching, business consulting, and neuroscience, which led to the hypothesis that what really drives success is not “genius” but a unique combination of passion and long-term perseverance.