

Highlight of the month

Mental Health Awareness Month

When you think differently, you'll act differently. It's this connection that makes having a healthy mindset so important to one's wellness journey. To support you and in honor of Mental Health Awareness Month, we've put together these resources to help you reduce stress:

- [3 ways to get more sleep when stressed](#)
- [10 tricks to fit a workout into a busy schedule](#)
- [15 self-care ideas to boost your routine](#)

Plus, give yourself permission to take time for yourself. [Here is your guilt free guide to a mental health day.](#)



Get started on your wellness journey

Ready to get cooking?

Join WW by May 15 and get a FREE Fresh Start Kit with your membership! Once you've signed up, get your Fresh Start Kit at www.com/freshstart



A little something for you

When you take care of yourself, you can take care of others. Put self-care on top of your to-do list with a *SpaRoom® Essential Oils Sleep Set* and other products to help make wellness part of your daily routine. Visit the [WW Shop](#) today!



Recipe of the month

Strawberry-lemon baked doughnuts

4 3 3 SmartPoints® value per serving

Family and friends will love this [extra-fresh sweet treat](#), filled with zesty lemon and fruity strawberry flavors.



Feeling your best starts now!

Sign up or learn more at www.com/us/OSU Employees, spouses, and dependents (18+) enrolled in the OSU Health Plan get an exclusive discount of 50% off the retail price.