

Mental Health



Mental Health Myths Exposed Navigating Mental Health Realities in the Workplace

Myth: Mental health problems only affect weak or unstable individuals.

Reality: Mental health can impact anyone, regardless of strength or stability, including professionals in corporate settings.



Myth: Seeking help for mental health concerns may harm one's career advancement.

Reality: Seeking support demonstrates resilience and self-awareness, contributing to long-term career success and well-being in corporate environments.



Myth: Mental health issues are solely caused by work-related stress and cannot be addressed within the corporate setting.

Reality: Mental health concerns in the corporate world are multifaceted and influenced by various factors beyond work. Stress can be effectively addressed with appropriate support and intervention.

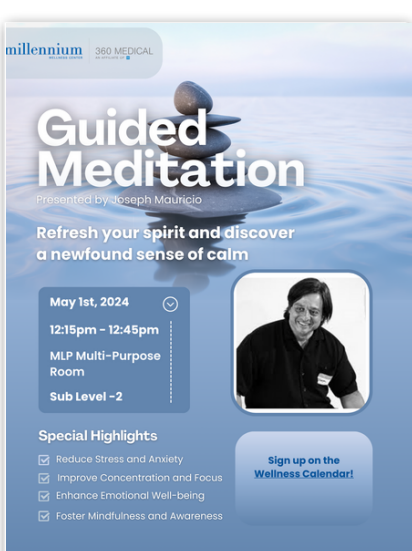


Our onsite MWC Nurse Practitioners provide confidential and personalized consults. They are here, on-site, to support you in any way they can and connect you with additional resources you may seek for maximizing your mental health.



May Health Events

Guided Meditation May 1st



Join us, whether you're a seasoned meditator or just starting out, for a refreshing journey of mind, body, and soul.

[Reserve](#) your spot now to prioritize your well-being and experience the transformative power of mindfulness in a supportive environment.

Skin Cancer Screening May 8th & 9th

Limited Space - Sign up Today

Don't miss our upcoming skin screening event—it's all about prioritizing your skin health!

Dr. Kathryn Frew will conduct a thorough skin review looking for suspicious lesions and markings. Early detection is a key to successful treatment and it starts with you.



Is lack of SLEEP increasing your STRESS? May 15th



Ms. Amanda Wahlstedt, a licensed health coach, with health degrees from both Cornell and Columbia will guide you to creating better rest to maximize your health and decrease your stress. A light lunch and mocktail will be served.

Click [here](#) to sign-up for this Lunch & Learn session.

A Word From Our **HSS** Affiliate

10 Stretches to Do Before Bed to Improve Your Sleep

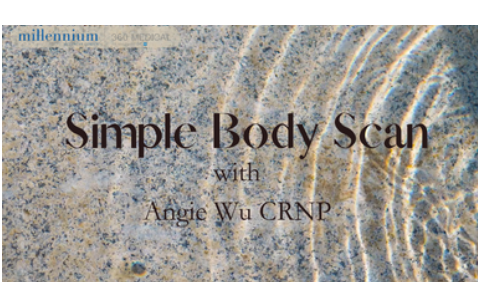


Discover how incorporating evening stretches can help you drift off faster and alleviate sleep-related from the experts at HSS.

Click [here](#) to start stretching!

Rehab Corner

Mindful Moments: Embark on a Journey of Inner Peace



Need a quick 5-minute reset? Dive into our Simple Body Scan, designed to synchronize your breath and body for a calming experience.

Click [here](#) to realign yourself and tackle the rest of your day with ease.