**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.](#)

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**Ready to get cooking?**
Join WW by May 15 and get a Fresh Start Kit with your new program! Once you’ve signed up, get your Fresh Start Kit at [ww.com/freshstart](#)

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**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!

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**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.

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**Feeling your best starts now!**
Employees, spouses, and dependents age 18 and older enrolled in a PEBB medical plan can sign up at NO COST to you. Visit [PEBB.WW.com](#) to learn more.