

# MENTAL HEALTH AWARENESS MONTH 2026

Unlock the full value of your member website <https://mylifeexpert.com/> by exploring helpful resources, self-care tools, and guidance to support your mental health journey. Below are a few suggestions to get you started.

If you need to create an account, use your company code!

## Mental Health Awareness Podcast Series:

- What do we mean when we say Mental Health?
- Overwhelmed but Functional
- Just Surviving is not the Goal: Raising the Bar after Triggers and Traumas

## Assessments and Soft Skills:

- Assessments include anxiety, depression, resiliency, stress, and life satisfaction, with each result including tips and strategies for managing symptoms.
- Soft Skills has content focusing on building adaptability, assertiveness, mindfulness, and strategies for boosting happiness.

## Articles:

Search for content or go directly to links of interest located on the left side navigation bar to explore relevant content. Topic areas include:

- Health and Wellbeing
- Family and Relationships
- Banner Articles



May 13<sup>th</sup>  
Staying Strong  
and Resilient

[Register  
HERE](#)



May 27<sup>th</sup>  
Dealing with  
Prolonged Grief

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 **BRONSON** HelpNet  
Employee Assistance Program