



# Mental Health Awareness: it's more than a month

Mental health is key to your overall well-being. That's why it's so important to prioritize it for yourself and your family year-round — these resources will show you how.

## **Caring for yourself**

4 tips: how to create a self-care plan

Resilience: learning how to bounce back

Less stress, more joy: insights from a Harvard physician

Harmony at home — insights from Eve Rodsky

## **Caring for your career**

How to break a negative mindset

5 ways to fight imposter syndrome

Work stress: prevent it, reduce it, manage it

5 simple ways to master time management

## **For children and young adults**

Schedules: not enough, too much, or just right?

9 secrets to raising a resilient child

Anxiety: what to look for, how to help

Connect with your teen — here's how

## **For parents, caregivers, and families**

Feeling *all* the feelings as a new parent

Parenting hacks from an ER doctor

5 ways to avoid caregiving burnout

Support for the sandwich generation

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