



Join the Division of Human Resources, as we acknowledge Mental Health Awareness during the month of May. Each week will bring a different focus, with resources designed to **cultivate** your mental well-being, as well as that of your colleagues and loved ones.

May 1-3, 2024 - sort.

For week 1, start by sorting through all the clutter. Take note of tools you'll need, and determine which unwanted items can be cleared out. This will help you stay on top of a healthy crop year-round.

May 6-10, 2024 - plant.

For week 2, we challenge you to lay the ground work and plant seeds to grow.

May 13-17, 2024 - water.

For week 3, find your water source and ensure it is part of your daily routine. Water is responsible for all important and everyday functions of your crop, and is essential for growth.

May 20-24, 2024 - fertilize.

For week 4, identify additional resources to increase your mind's fertility, being mindful that nutrients can come from multiple sources.

May 27-31, 2024 - gather.

For week 5, reap the benefits of your labor and continue working toward a healthy harvest on an ongoing basis.



MENTAL HEALTH AWARENESS MONTH - MAY 2024
cultivate a healthy mind

For a full list of resources, visit
<https://www.csusb.edu/staff-development-center/wellbeing/mental-health>.

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| sort | 5/1: Watch, "Discover Your Stress Personality" (eLearning) |
| | 5/2: Listen, "Chatter: How to Harness The Voice in Our Head" (Audiobook) |
| | 5/3: Watch, "Aligning Your Values with Work, Life, and Everything In Between" (eLearning) |
| plant | 5/6: Watch, "The Six Mind Shifts for Thriving at Work" (eLearning) |
| | 5/7: Watch, "Managing Small Stresses Before They Create Big Problems" (eLearning) |
| | 5/8: Watch, "Train Your Brain to Unwind Stress and Anxiety Habits" (eLearning) |
| | 5/9: Watch, "Managing Self-Doubt to Tackle Bigger Challenges" (eLearning) |
| | 5/10: Listen, "Good Vibes, Good Life" (Audiobook) |
| water | 5/13: Watch, "Practices for Regulating Your Nervous System and Reducing Stress" (eLearning) |
| | 5/14: Watch, "Staying Positive in the Face of Negativity" (eLearning) |
| | 5/15: Watch, "Time Management for Greater Meaning and Happiness" (eLearning) |
| | 5/16: Attend, "First Aid Kit for the Mind" (In Person*, PL-4005, 10:00-11:00am. Pre-Register) |
| | 5/17: Listen, "Training Your Mind to Focus and Handle Distractions Better" (Audio Course) |
| fertilize | 5/20: Listen, "The Courage of Self Compassion" (Audio Course) |
| | 5/21: Listen, "Motivation Code: Discover Hidden Forces That Drive Your Best Work" (Audio Course) |
| | 5/22: Watch, "De-stress: Meditation and Movement for Stress Management" (eLearning) |
| | 5/23: Listen, "Mindful Meditations for Work and Life" (Audio Course) |
| | 5/24: Listen, "The Good Life: Lessons from the Longest Study on Happiness" (Audiobook) |
| gather | 5/28: Watch, "Rediscovering Your Joy, Energy, and Purpose" (eLearning) |
| | 5/29: Watch, "Reconnect to Your Spark for More Happiness at Work" (eLearning) |
| | 5/30: Watch, "Sustainable Development and Well-being" (eLearning) |
| | 5/31: Attend, "Mind-Body Wellness" (In Person*, PL-4005, 11:00am-12:00pm. Pre-Register) |

*Alternative options for PDC colleagues. Please contact our team for more information.

Questions? Contact the Staff Development Center at staffdevelopmentcenter@csusb.edu or x73125.