

May 2023



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Monthly Newsletter

May is Mental Health Awareness Month

Greetings ATD Piedmont Members!

Did you know that May is Mental Health Awareness Month? It's a time to raise awareness surrounding mental health issues and for talent development professionals to promote conversations around mental health in the workplace. No matter how big or small your budget is, you can launch a few initiatives in your organization to support the cause.

[Here are 5 ideas to get started:](#)

1. Host a mental health workshop or training session for employees to learn about self-care and coping strategies.
2. Share resources such as mental health hotlines and wellness apps with employees.
3. Create a mental health resource library or bulletin board in the office.
4. Encourage employees to take breaks and prioritize self-care throughout the day.
5. Organize a group activity such as meditation or a yoga session to promote relaxation and mindfulness.

Need a little help to jump-start your efforts? [Check out this toolkit designed by Mental Health America.](#) As talent development professionals, we are crucial in supporting and fostering a healthy and productive work environment. Let's strive to make it happen!



Together, we are creating
a world that works **better**.

td.org/PowerMember | td.org/membership



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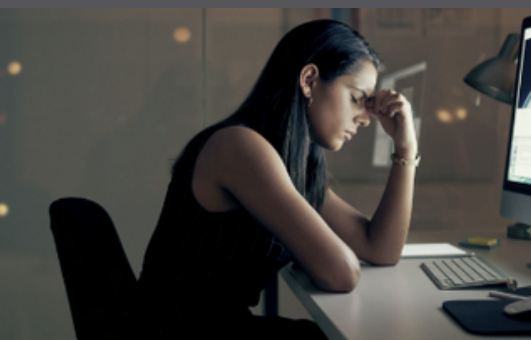


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How to Be Your Best and Stress Less

ATD Member-Only Content / Article Spotlight



Detach and Recover: Self-Care Strategies to Minimize Burnout

by Kenneth Nowack

[READ MORE ➡](#)



How to Re-Engage When You're Checked Out at Work

by Octavia Goredema

[READ MORE ➡](#)



Reducing Stress by Reducing Workloads

by John Rampton

[READ MORE ➡](#)

May Virtual Networking Event

Ready to network?

Have a little time to spare before the Memorial Day weekend? Join your fellow ATD Piedmont members at our May virtual networking session on Wednesday, May 24, 2023 from 6:00pm - 7:00pm. Get ready for a few games, discussion, and fun!

