



MAY IS

MENTAL HEALTH MONTH



**3 NEW
PODCASTS**
 **carelon**
Behavioral Health

It's time for a *new* take on mental health. In this three-part podcast series, we're unpacking burnout, relationships, and exploring the everyday choices that shape our mental wellness. No quick fixes—just real talk, research-backed insights, and a whole lot of encouragement to help you live your happiest, healthiest life.



Burnout, Redefined: What It Really Means & How to Fight Back *with Latisha B. Russell*

Burnout is real—and it's not just about being tired. We break it down using real research and talk about the small, daily changes that can help you feel more in control and less overwhelmed.



Intentional Connection: A Social Fitness Guide *with Chris Wachholz*

We're not meant to do life alone. This episode dives into how strong relationships can fight off loneliness and literally help you live longer—and happier.



Understanding Grief: Tools for Healing *with Sheresa Elliot*

Grief can take a real toll on our mental health. In this episode, we explore how it affects us and share evidence-based strategies to help you cope, heal, and find your way forward.

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FOR A 
SNEAK PEEK**

