

Mental Health Awareness Month

Take care of your whole self.

Hello from Learn to Live!

In recognition of **Mental Health Awareness Month**, we challenge you to make your emotional well-being a priority. It's normal to feel stressed, lonely or sad with all that life throws at us. Learn to Live is a resource to support you when those feelings become overwhelming.

Start exploring our proven programs today! When you do, you'll be entered for a chance to win an Amazon gift card for up to \$50.

To enter, just do one or more of the following:

- [Enroll](#) in a Learn to Live program (all employees and family members ages 13+ are eligible) and enter the code **PORTICO**
- Complete a lesson within a program
- Attend the live webinar, *Retrain your brain: the case for gratitude, Research shows that strengthening the gratitude muscle can lower stress and improve mood and building this muscle actually feels good!* Join us for a live webinar to learn more! Register [here](#) (enter code **PORTICO**)

Challenge entry details: Sign up anytime between May 3-May 31, 2021; 4 entries max per person. Full terms and conditions of the challenge can be found [here](#).

Warmly,

