



May 2023

## Mental Health Matters

Whether you're reflecting on a personal journey or acting as a support system for others, join us as we recognize and destigmatize mental health through empathy, allyship and education. »



### Coping with Trauma

An Iraqi war veteran and victim of the largest U.S. mass shooting shares his story and offers his thoughts on how to cope with mental and emotional trauma. »



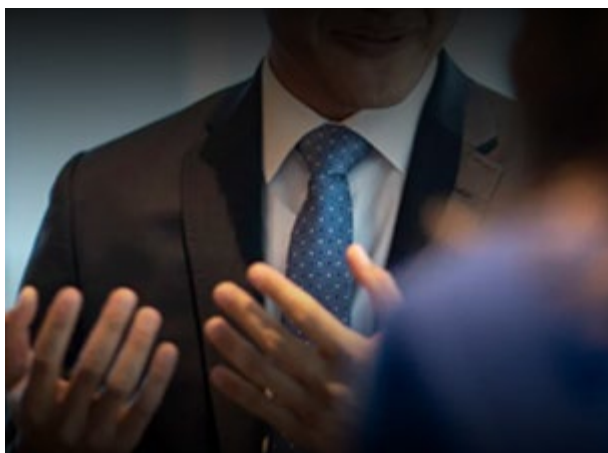
### Are You Burning or Rusting Out?

Most are familiar with the effects of burnout in the workplace but are you familiar with rust out? While lesser known, it's still quite harmful to your emotional well-being. »



### Seeking Mental Health Counseling with a Security Clearance

Contrary to a widely held belief, you can receive mental health care without fear of losing or failing to qualify for a security clearance. »



### TOTAL REWARDS WEBINAR SPOTLIGHT

**May 11 at 3 p.m. EST:**  
**Anxiety and Depression: How to Find Help**

[Register Now »](#)

**May 17 at noon and 3 p.m. EST:**  
**Discover the Potential of Your HSA**

[Register Now »](#)

Our webinars help you thrive financially, physically, socially and emotionally.

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