

GW MENTAL HEALTH MONTH UPCOMING EVENTS



MAY
1
12 PM ET | 12 PM ET
Steps Challenge Kickoff -
Campus Walking Tour
Thriving Under Pressure

MAY
2
3 PM ET | 3:30 PM ET
Accessing Care with
Talkspace
Change: How to Adapt,
Cope & Respond

MAY
3
On Demand
Understanding Social
Isolation & Mental Health
Reducing Stress

MAY
6
3 PM - 3:15 PM ET
SimpleTherapy Stretch
Break

MAY
7
2 PM - 3 PM ET
Benefits of Exercise &
Nutrition on Mental
Health

MAY
8
11 AM ET | 3:30 PM ET
Food Trucks For Finals
Nurture Your Mental
Health

MAY
9
1 PM ET | 3 PM ET
Supporting Employee
Mental Health
Good Humor = Good
Health & More

MAY
10
On Demand
Sleep For Health
Prioritizing Rest and a
Good Night's Sleep

MAY
13
9 AM ET
Headspace Mindfulness
Challenge Kickoff

MAY
14
12 PM ET | 1 PM ET
Managing My Money
Coping with Anxiety

MAY
15
10 AM ET | 3 PM ET
GW Well-being Overview
You Really Are Making A
Difference

MAY
16
12 PM ET | 4 PM ET
Journey to Healing
Mental Health & Me

MAY
17
12 PM - 1 PM ET
Identify & Prioritize Your
Savings Goals

MAY
20
12 PM - 12:30 PM ET
Embracing Healthy
Minds and Happy Pets

MAY
21
12 PM ET | 12:30 PM ET
World Meditation Day
Family Care You Can
Trust

MAY
22
10 AM - 3 PM ET
Complimentary
Massages at Foggy
Bottom Campus

MAY
23
11 AM - 12 PM ET
Getting a head start: A
step-by-step overview of
your plan

MAY
24
12 PM - 1 PM ET
Make the Most of Your
Retirement Savings

MAY
28
10 AM - 2 PM ET
Complimentary
Massages at VSTC

MAY
29
On Demand
Mindful Relationships &
Healthy Communication
Practicing Self-care &
Avoiding Burnout

MAY
30
On Demand
Coping with Financial
Stress
Mental Health &
Emotional Well-being

MAY
31
11 AM - 12 PM ET
Mental Health
Awareness in the
Workplace

