

Choose well.  
Live well.

## May Wellbeing Bytes

### Did you know?

Disconnecting from work and building workplace social connections is incredibly important to support our overall wellbeing. We spend most of our day working, so it is vital that we find time [to disconnect from work](#) and [connect with others](#) in the workplace to reduce our stress levels, and positively impact productivity, performance, and overall feelings of happiness. That is why, for the second year, Micron is hosting the **2023 Global Wellbeing ChooseWell.LiveWell** week event! [Click here](#) to learn more and all the ways you can **get connected, win prizes, and grab free swag** at your site!

Learn more about our ChooseWell.LiveWell. Global Wellbeing programs at our **NEW LiveWell site** ([alias livewell/](#)) and other ways to connect with team members through **Micron interest clubs** at our new Club page ([clubs/](#)).

## Virgin Pulse, Micron Wellbeing Portal

May is [National Women's Health Week](#) & [Global Employee Health and Fitness Day](#)! Challenge yourself and track your fitness or personal goals each day in your **wellbeing portal** to keep yourself accountable. Log into your [Virgin Pulse account](#) on the desktop or app or [sign up now!](#) Learn more at [alias wellbeingportal/](#).

#### More opportunities

- [Thursday, May 11 1:00 -2:00 pm MT](#)- Expert Guidance for College Preparation with College Coach with Bright Horizons (via webinar)
- [Tuesday, May 16 11:00 am-12:00 pm MT](#) - Fitness Center Tour and Fitness On-Demand Training, Boise Campus Event
- [Tuesday, May 16 11:00 am – 12:00 pm MT](#) – Bright Horizon: Learn More About Pet Back-Up Care (via webinar)
- [Tuesday, May 16 – Wednesday, May 17](#) – Micron Boise Site Heart Walk
- [Wednesday, May 17 10:00 -11:00 am MT](#) – Bright Horizons: Tutoring Support for your Student (via webinar)

#### Highlights and Callouts

Looking for some healthy recipe ideas? Search recipes [here](#) offered through your EatWell Program

# Get Support through Your EAP, Guidance Resources

The [Employee Assistance Program \(EAP\), Guidance Resources](#), offers a valuable [Mental Health toolkit](#) designed with various resources that can help support your mental health. Learn more at alias [EAP/](#) or call [844.470.5745](#) to get started.

## Your Team Member Advocate, Here to Talk

May is [Mental Health Awareness Month](#). This year, for **May Mental Health Month**, the theme is **Look Around, Look Within**. This is a great time to self-reflect, look at your surroundings and how they impact your mental health. Everyone's Journey with mental health is unique and [your Team Member Advocates](#) are here to support you when you need it.

## RethinkCare, Your Mindfulness Tool

[Improve your mental health](#) by using your virtual **mindfulness portal** to clear your mind. This tool is great for learning more on the positive impact that **mindfulness and meditation** can have on your mindset. Visit alias [Rethink/](#) to learn how to [join through](#) your Virgin Pulse account and download the RethinkCare app.

## Upcoming Global Wellbeing Events

1. **May 15-25 – ChooseWell.LiveWell Events**
2. **Monday, May 15, 10-10:30 am MT** – RethinkCare Monday Mindfulness
3. **Thursday, May 18, 10-11 am MT** – Wellbeing Bytes: Disconnecting From Work - How to Enjoy Your Downtime Session (via Zoom) Did you miss April's Wellbeing Bytes Session - Taking Care of Yourself: Stress Management Techniques? Watch the recording here (passcode: D1o5e+4M)
4. **Thursday, May 18, 12-1:30 pm MT** – Mental Health Panel Discussion (via Zoom)
5. **Friday, May 19, 12-1 pm MT** – Employee Assistance Program, Guidance Resources Orientation Session (via Webinar)

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