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## WELCOME TO YOUR APRIL NEWSLETTER

Empowering you with information for your emotional and physical wellbeing.



### ADHD: More Than Bouncing Off the Walls

ADHD, or Attention Deficit Hyperactivity Disorder, may be well-known for hyperactivity, but ADHD can also look like a lack of focus, daydreaming, forgetfulness, or inattentiveness.

[Learn more about two types of ADHD:](#)

[CLICK TO ACCESS](#)



## Autism Awareness Month

Autism is a common, but often misunderstood developmental disorder that affects millions of Americans. Learn the facts on autism for Autism Awareness Month!

*Learn more on this annual celebration:*

[CLICK TO ACCESS](#)



Making time for everything with dual careers & family. Sign-in & click "Webinar"

[WATCH](#)



Feeling stuck? Contact our customer care team to schedule counseling.

[CALL](#)



Give yourself a personal challenge. Learn the do's and don'ts of goal setting.

[READ GUIDE](#)

## Let's Talk About Stress

April is Stress Awareness Month. Learn how the practice of mindfulness can help develop self-awareness and the ability to cope with feelings of stress.

*Take a proactive approach to dealing with stress:*

[CLICK TO ACCESS](#)

### Taking Care of Your Mental Health Day-to-Day

*Skill-Building Webinar from Experts*

In the next skill-building webinar (coming in May) learn some habits to help keep living a life of meaning and purpose.

<https://link.uprisehealth.com/may2023>



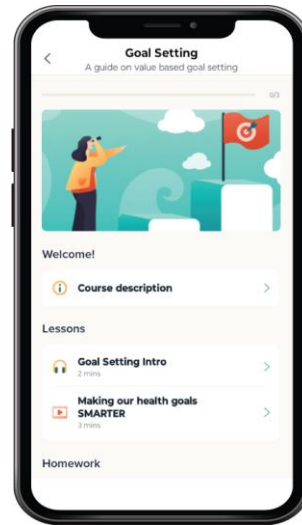
CHECK OUT THE DIGITAL PLATFORM!

## Goal Setting

When faced with an ongoing health condition, it is normal to feel like a victim of unfair circumstances or confused about the meaning behind it all.

The act of setting and achieving even small daily goals can help break the pattern of negative emotions, help us to accept what is happening and move towards the choices we can make.

Getting started is about setting goals in areas where you have clear control or influence. Sign into the [platform library](#) and visit the mindfulness course.



The April newsletter is also available in Spanish

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