



**BlueCross BlueShield**  
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

Health Kit | **May 2021**

## Hello!

Here is your Health Kit for May 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

As we continue to navigate the COVID-19 pandemic, it's important to tend to your mental well-being. This month's Health Kit provides information on how to take care of yourself, even during a crisis.

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### Poster

Check out this month's poster for ideas on how you can tend to your mental health.

[Download Poster](#)

## Brain Game

Find words associated with taking care of yourself.

Download Game

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## Recipe

Even while working from home, it's important to take breaks and nourish your body. This simple recipe will create an easy way to do just that!

Download Recipe

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## Short Video

Watch this short video for common indicators that you might be struggling with your mental health.

Watch Video

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## Podcast

Listen to this podcast to learn healthy ways to cope with your feelings.

Listen

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Additional Information:

[For More Information on Managing Your Mental Health During a Crisis](#)

## Coming up...

Tune in next month for information on getting active without leaving your home.