



HEALTHY

Happenings
JUNE

Workday WOOSAH

It's Fun! | It's a break! | It's a stress reliever!

It's a **Game Night** but..... In the Middle of the Day!!

Games | Mocktails | Raffles | Prizes | FUN!

It's just a good time!!

Join Us June 24th, 11:30AM - 1:30PM

500 Building Atrium

Mental HEALTH TIPS

1. **It's Okay to Talk About Your Feelings**

Bottling things up doesn't make you stronger — it can actually worsen mental health. Talking to a friend, therapist, or family member can relieve pressure and help you process emotions in a healthy way.

2. **Stress and Anxiety Aren't Signs of Weakness**

Everyone experiences stress. It doesn't make you less of a man. Recognizing stress and taking steps to manage it — through exercise, mindfulness, or seeking help — shows strength and self-awareness.

3. **You Don't Have to "Man Up" All the Time**

The pressure to be tough or emotionless can be damaging. Being vulnerable and expressing when you're struggling is not only human — it's courageous.

4. **Seeking Help is a Power Move, Not a Weakness**

Whether it's talking to a therapist, joining a support group, or just reaching out to someone you trust, asking for help is a responsible and empowering choice — not a failure.

HAPPY
Father's
DAY

Father's Day RAFFLE

JUNE 9th - 13th WORKOUT and WIN!

Join our raffle for a chance to win a 2 IN 1 BBQ Grill with utensils
Every workout = a raffle ticket, so get your "move" on.