

ATHLIFE



**“Nothing can dim the
light that shines
from within.”**

Maya Angelou

Mental Health Awareness & Education

May is Mental Health Awareness Month. Mental health is just as important as one’s physical health, and many are utilizing resources to work on their mental well-being. If you are experiencing a mental health emergency, please call/text the Suicide and Crisis Lifeline at **988** or call **911** for local emergency services.

Did you know that education can boost your mental health? [Research shows](#) that “education can improve mental health by broadening your intellectual, social, and emotional horizons. Attending school can also expand your knowledge, help you meet new people, further your goals, improve your career and even help you build better coping mechanisms.” If you’re interested in continuing education, please schedule a call with your [AthLife Advisor](#).

Enhance Your Academic Skills This Summer



While summer is usually thought of as vacation time, it can also be an opportunity for some extra learning and skill enhancement. If you find yourself with some free time this summer, there are several ways to keep your brain sharp. Review the following suggestions to [enhance your academic skills](#) and make it a productive summer!

- Read - Any type of reading, including audiobooks, increases your vocabulary, exposes you to grammar, and keeps your brain active.
- Journal - Journaling for a few minutes each day, on the topic of your choice, can help enhance your writing skills.
- Take a computer class - Improve your technical skills by finding a low-cost computer class in your area, an online [MOOC](#) course, or even a free class at the library.
- Visit a museum - Increase your knowledge in a specific subject area, along with your critical thinking skills, by visiting a museum.
- Take a class for fun - Check out your local community college or park district for some fun summer classes to keep your brain engaged in the learning process.

Good Reads



- [6 Summer Activities to Boost Your Career](#)
- [31 Tips to Boost Your Mental Health](#)
- [Alternatives to Reading: Improve Your Knowledge](#)
- [Top Tips for Virtual Networking](#)
- [Preparing for a Virtual Job Interview](#)

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Tip of the Month

Are you ready to answer this question - “Tell me about yourself?” As you network, interview for jobs, and move throughout your career, you will often hear this question. It’s important to have a concise response prepared ahead of time. Review [these important tips](#) to help create your own professional introduction!

