



choose kindness



MAY IS MENTAL HEALTH AWARENESS MONTH!

Choose Kindness educates and empowers individuals to prioritize mental wellness and well-being through intentional, compassionate action. By practicing kindness toward ourselves, through self-care, and extending kindness to others, by checking in and offering support, the campaign reinforces the importance of empathy, connection, and care in everyday life.

The Ripple Effect of Kindness

May 5, 2026 at 12:00 pm

Join us on Tuesday, May 5th at 12:00 pm as Blue Cross Blue Shield of Michigan's Virtual Well-BeingSM hosts, Cindy and Marissa discuss how simple acts of kindness can have a ripple effect on you, your friends, family and community.

Save your virtual seat at:

<https://bit.ly/Ripple-Effect-of-Kindness>



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Take a free and anonymous check up from the neck up at:

<https://bit.ly/EastersealsMORCscreening>

EXPLORE FREE RESOURCES

- ASK to Help
- Breathing Techniques
- Connection Examples
- How Gardening Can Positively Impact Your Mental Health
- How to Start a Conversation and Check-in prompts
- Mindful Moving
- Navigating Social Media for Mental Well-being
- How to Build Resiliency
- Signs You May Need a Mental Health Break
- Substance Use
- The 333 Rule
- The Importance of Social Support
- Ways to Beat Loneliness

MTV's Mental Health Action Day

May 21, 2026

In partnership with MTV and thousands of organizations around the world, we are shifting mental health culture from awareness to action. This Mental Health Action Day, engage in self-care, support others, and advocate for mental health. Learn more at:

<https://www.mentalhealthaction.network/>

Learn more about Easterseals MORC and Choose Kindness at:

<https://bit.ly/EM-Choose-Kindness>