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# April Participant Emails

Hello! Below you'll find information about your wellness toolkit and participant emails we're sending this month!

## Wellness Toolkit

You've probably heard the old proverb, "Laughter is the best medicine." Doctors agree. Laughing not only feels good, it's good for your body. Your wellness toolkit includes resources to help participants manage their stress.

[Get the Toolkit](#)

## Monthly Wellness Webinars

Help your employees dive deeper into wellness with webinars created just for them! These educational presentations will cover a new health and wellness topic every month.

### Taking Control of Your Stress

Wednesday, April 23	
7 a.m. - 7:45 a.m.	Noon - 12:45 p.m.

This presentation about Taking Control of Your Stress will cover:

- causes of stress
- effects of stress
- mood, food and stress
- stress management tips

Register today and invite your employees!

[7 a.m. Webinar](#)

[Noon Webinar](#)

## Participant Emails This Month

### Mental Health

Taking care of your mental health is an act of self-love! This email covers anxiety, depression and tips for dealing with stress. We'll also provide participants with an overview of their mental health benefits and how to use them!

[www.bcbstx.com/trsactivecareba](http://www.bcbstx.com/trsactivecareba)



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