

MAY IS MENTAL HEALTH AWARENESS MONTH



**3 NEW
PODCASTS**
 **carelon**
Behavioral Health

This 3-part series explores what mental health really means, how stress and overwhelm show up in daily life, and how to move beyond simply getting by. Together, these videos offer practical tools and fresh perspectives to help you build awareness, restore balance, and respond to life's challenges in a healthier, more intentional way.



What Do We Mean When We Say Mental Health [CLICK HERE](#) *with Michelle Niehuse*

We say it all the time — “take care of your mental health,” “that’s not good for my mental health” — but what do we actually mean? In our first episode, we slow down and unpack the language itself: where it comes from, what it signals, and why the words we choose matter more than we think.



Overwhelmed But Still Functioning [CLICK HERE](#) *with John Ebron*

What does it look like when you’re doing everything “right” on the outside—but internally, your system is overloaded? In this episode, we unpack the difference between overwhelm and trauma, and why many people today are functioning while carrying more than their nervous system is designed to handle. You’ll learn how stress shows up physically before emotionally, why pushing through can backfire, and how small, practical resets can help restore balance



Just Surviving Is Not the Goal: Raising the Bar After Triggers & Trauma [CLICK HERE](#) *with Mark Ziegenbein*

In this episode, we explore how to move beyond just “getting through the day” by responding to stress, triggers, and trauma with intention. Instead of reacting automatically, we focus on creating safety and responding to what’s actually happening. You’ll learn how expectations, perception, and preparedness shape your experience—and how to build the awareness and skills to navigate life with more support.



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