May 2022 Social Media Posts

1. Happiness at work matters! Learn more in our new podcast episode featuring Raj Raghunathan, Ph.D. from the University of Texas business school.

Link to episode: <https://www.buzzsprout.com/1566635/10499052>

Optional Photos to input:



1. Your mental health MATTERS as much as your physical health. Check out upcoming ERS webinars on topics that impact our mental health: [link to [wellness events calendar](https://www.ers.texas.gov/Event-Calendars/Wellness-Events), and make sure there is an image]



1. Movement is good for your brain! Check out the new FREE online state employee virtual fitness calendar and get a workout in with other state employees across the state during your lunch hour! Embed Link: [Work Well Texas – Everything’s Fitter In Texas! (state.tx.us)](http://www.wellness.state.tx.us/Challenge.htm)

