

Course of the Month

2026

Month	Theme	OpenSesame Course Name	Course Publisher
January	Building Healthy Habits	<u>Neuroplasticity: Rewire Your Thinking to Build Better Habits</u>	Management Pocketbooks
February	Self-Love & Emotional Wellness	<u>Authenticity, Confidence, Self-Love, and Happiness</u>	Thirty Minute Mentors
March	Nutrition & Renewal	<u>Eat Smarter: A Simple Meal Routine To Optimize Your Energy</u>	OpenMind
April	Stress Awareness Month	<u>4 Easy Ways To Reduce Stress</u>	PepTalk
May	Strong Mind	<u>13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears and Train Your Brain for Happiness and Success Amy Morin</u>	Blinkist
June	Summer of Self-Care	<u>Importance of Self-Care and Staying Well at Work</u>	TouchStone Talent Quest
July	Outdoor Wellness	<u>Wellbeing and Nature</u>	Real Projects
August	Digital Detox Month	<u>The 5-Minute Digital Detox: Simple Steps to Disconnect and Reconnect</u>	PepTalk
September	Building Resilience at Work	<u>How to Boost Resilience at Work</u>	TouchStone Talent Quest
October	Kindness & Connection	<u>Small Acts of Kindness: Create Energy Around You</u>	Mindscaling
November	Gratitude and Growth	<u>Two-Minute Self-Care: Gratitude for the Future</u>	Mike Veny
December	Wellness in the Holidays	<u>Handling Holiday Stress</u>	OpenMind