May is Mental Health Awareness Month. When is the last time you felt so relaxed that you could totally unwind? Life moves fast and those moments of quiet relaxation seem few and far between. The Re-learn to Relax: CommonHealth’s Guide to Meditation and Mindfulness for Busy Beginners program will:

- Guide participants through a 5-minute daily meditation exercise
- Discuss the physical and mental benefits of meditation and mindfulness
- Explore ways to find moments of calm during busy days
- Discuss how to use technology to your advantage
- Address techniques to help you power down for a good night’s sleep

Session details and registration links:

- **Fairfax Campus**
  - June 13, Merten Hall 1202, 12 – 1 p.m.
  - [Register on MasonLEAPS and select “Request”](#)

- **SciTech Campus**
- June 18, Bull Run Hall 247, 12:30 – 1:30 p.m.
  - [Register on MasonLEAPS and select “Request”](#)

- **Arlington Campus**
  - June 25, Founders Hall 313, 12 – 1 p.m.
  - [Register on MasonLEAPS and select “Request”](#)

If you have questions, please email hr@gmu.edu.

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**Take a Walk with Wilkerson**

**WHO'S WALKING WEDNESDAY**

Take a walk with Wilkerson! Join [Philip Wilkerson](mailto:philip.wilkerson@gmu.edu), from University Career Services, as he leads Who’s Walking Wednesday on **Wednesday, May 22, 2019**. The walk begins at **noon in front of Merten Hall**. Bring your walking shoes!

If you want to lead a walk on the Fairfax Campus, visit the signup page. If you have questions, please email worklife@gmu.edu.

**Learn More**

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**Military Spouses and Partners Group**

**MILITARY SPOUSES AND PARTNERS GROUP**
**Details:** May 20, 12 p.m., at the MIX next to Fenwick Library

Calling all military spouses and partners employed at George Mason! Bring your lunch or a cup of coffee and meet new friends at the Military Spouses and Partners Group. This is a great opportunity to connect with others, share advice, and discuss how this group can be a valuable resource for Mason military spouses and partners.

Questions? Please contact Kim Coryell, proud military spouse for over 20 years, at kcoryell@gmu.edu.

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**Governor’s Honor Awards**

From Governor Northam: The Governor’s Honor Awards, formerly the Governor’s Awards for Public Service, takes place annually in September. This ceremony will recognize noteworthy accomplishments that significantly contribute to the advancement of the Commonwealth of Virginia’s strategic goals, mission, objectives, and overall administrative excellence.

The Commonwealth of Virginia Department of Human Resource Management (DHRM) will soon begin soliciting nominees! Everyone is encouraged to start considering possible candidates now. Be on the lookout for more information soon.

For questions about the Governor’s Honor Awards, please contact employeeevents@dhrm.virginia.gov.

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**CommonHealth Wellness Champion Award**

Nominate a colleague for the CommonHealth Wellness Champion Award!
This award celebrates employees who have, in the past six months, made significant changes in health behavior, motivated others to make healthier choices, and helped create a culture of wellness for Virginia.

Up to five awardees will have their stories highlighted in CommonHealth publications and receive a framed certificate, signed by the governor of Virginia, and a gift bag from CommonHealth.

The deadline to nominate a colleague for the award is June 15, 2019. More information, including the full criteria, is available on the Wellness Champs webpage.

Looking for a birthday party idea for your older kids? Or maybe a team building activity for your office? The Mason community receives a 15% discount on all private booking parties at both locations of Escape Room Live. Use the code GMU25 when booking.

For all discounts, visit the discounts page.

For a legend of the header icons, visit the Instant HR & Payroll legend page. For previous announcements, visit the Instant HR & Payroll Archives page.

Human Resources & Payroll
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