

Helping you

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May Spotlight: Asthma and COPD

This month, we're highlighting information about lung health. You'll also find other wellness-related resources, links to *Healthy You* articles and healthy recipes.

Check out these articles about asthma and COPD from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Asthma in adults — what to ask the doctor](#)
- [Asma en adultos - qué preguntarle al médico](#)
- [Day to day with COPD](#)
- [Día a día con EPOC](#)

These additional links from other health organizations offer more information about asthma and COPD:

- [Managing asthma](#)
- [Reduce asthma triggers](#)
- [Physical activity and COPD](#)
- [Take action today. Breathe better tomorrow.](#)

Healthy recipes

- [Chicken salad and peach sandwich](#)
- [Sheet pan sausage and veggie bake](#)
- [Rise and shine cobbler](#)
- [Southwestern stuffed potatoes](#)

Mental health awareness

May is mental health month, and this year's Mental Health America theme is "more good days together." Explore the organization's [2026 Mental Health Month Action Guide](#) for online activities, articles, printable tools and practical resources — and reflect on what a "good day" looks like for you.



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Create an allergy-friendly home](#)

Discover the most common causes of household allergens and how to combat them.

[Life after graduation](#)

Get strategies for adjusting when a child transitions from high school to college.

[Spring vegetable sauté](#)

This simple vegetarian recipe is full of flavor and pairs well with chicken, fish or tofu.

Find the entire [Spring](#) issue [here!](#)