**Create Your Calm: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.

Graphical user interface

Description automatically generated

It’s the most wonderful – and busiest – time of the year! Amidst the hustle and bustle, it’s important to make time for yourself during the holiday season.

To find more inner peace, we invite you to join the 14-day “Create Your Calm” program on Wellbeats! This program will guide you through daily breathing exercises, meditations, and mindfulness practices to take care of your mental health. By the end of the program, you will become more aware of how to create moments of calm during stressful times.

Download the Wellbeats app or go to [portal.wellbeats.com](https://portal.wellbeats.com/) to get started.

For any questions, please contact [enter your contact information here].