**May Marketing Kit: 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 information.

A person and a child sitting at a table

Description automatically generated

In our always-on, always-online world, it can be hard to carve out time for self-care. But taking time to care for your mental health can lead to improved mood, clearer thinking, and reduced anxiety1. Whether it’s going for a guided walk, trying a new recipe, or just taking a minute to focus on your breath, we all could use a little boost in our day.

**Ready to create more moments for your mental wellbeing**? Explore on-demand, expert-led fitness, nutrition, and mindfulness classes on Wellbeats *Wellness* today.

[Add login instructions. Example: Go to portal.wellbeats.com or download the Wellbeats app to log in to your account.]

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

**1**[Healthline](https://www.healthline.com/health/mental-health/habits-to-improve-mental-health)