**Stress and Resilience: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “Create Your Calm Program Calendar” and “Stress and Resilience Flyer” to the email.



**Subject: Find Your Center with Wellbeats**

**Feeling overwhelmed or stretched thin?** You’re not alone—and you don’t have to push through it without support. Sometimes, the most powerful thing you can do is pause and give yourself space to reset.

As part of your benefits, you have access to Wellbeats *Wellness* where you can find many programs and classes that are geared towards mind-body connections. The [**Create Your Calm**](https://portal.wellbeats.com/programs(m:program-detail/277)#overview) program invites you to pause, breathe, and reconnect with your inner strength. Each activity is designed to help you manage stress, restore balance, and build emotional resilience—on your terms.

[**Join Program**](https://portal.wellbeats.com/programs(m:program-detail/277)#overview)

**In the** [**Create Your Calm**](https://portal.wellbeats.com/programs(m:program-detail/277)#overview) **program, you will experience:**

* Meditation & Breathwork
* Gratitude & Reflection
* Body Awareness
* Sound & Stillness

**Ready to create your own calm?**

Access Wellbeats via the mobile app or on your [internet browser](https://portal.wellbeats.com/?redirectTo=%2Fhome) and login with your work email address.

[Enter general login information. Here is an example:

**Your Username** = Your [Company Name] email address. If you’re logging in for the first time or forgot your password, select **Forgot Password** to reset your password.]

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

Cheers,

[Enter your name here]