**Stress and Resilience: 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.

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**Feeling stressed?**

Take a moment to reset. With your Wellbeats *Wellness* benefit, you can access the [**Create Your Calm**](https://portal.wellbeats.com/programs(m:program-detail/277)#overview) program—designed to help you manage stress and build resilience through:

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

Your calm is just a breath away.

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