



Cultivating Calm & Building Resilience



Stress is a part of life—but so is learning how to manage it. Deadlines, responsibilities, and constant demands can leave you feeling drained. But resilience doesn't mean pushing through without pause—it means knowing when to step back, breathe, and reset.

That's where the **Create Your Calm** program comes in.

As part of your benefits, you have access to Wellbeats *Wellness*, offering guided tools to help you reduce stress and strengthen your emotional wellbeing. The **Create Your Calm** program is designed to fit into your day—no matter how busy it gets.

EXPLORE CLASSES LIKE:



Clear Negative Energy
4 mins



Diaphragmatic Breathing
8 mins



Finding Stillness
17 mins



Ready to create your own calm?

Log into your Wellbeats *Wellness* account and participate in a class today!



Download the app
on the App Store or
Google Play

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