



Wellbeing is a Work Essential



You're juggling meetings, deadlines, and a growing to-do list and somewhere in the middle of it all, your mental wellbeing takes a back seat. Sound familiar? In today's fast-paced work environment, mental health isn't a luxury, it's a necessity. When we feel mentally well, we're more focused, resilient, and better equipped to handle the demands of the day. That's not just good for you—it's essential for team success.

As part of your benefits, Wellbeats *Wellness* offers resources to support your wellbeing throughout the workday. You can take classes that focuses on:

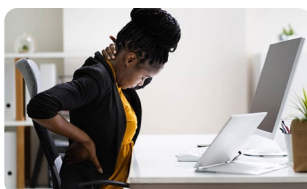
- Guided meditations and mindfulness breaks
- Stress and anxiety management tools
- Mental fitness and emotional resilience classes

Tips for better sleep, focus, and work-life balance

Whenever you need a quick recharge, Wellbeats offers classes like:



Brain Recharge
3 mins



5 movements to reduce sitting-related pain
3 mins



Clear Your Mind
3 mins

You can also enroll in the **Give Me a Work Break** program or find more work break videos here: **Work Break Category**. Because when your mind is well, your work thrives.

Ready to get started?

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



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portal.wellbeats.com
support@wellbeats.com