**Mental Health & Wellbeing at Work: 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.

A person in a suit

AI-generated content may be incorrect.

Good mental health is key to staying focused, productive, and resilient at work. It is all about making space for your wellbeing, throughout your workday.

As part of your benefits, Wellbeats *Wellness* provides many resources designed to help you care for you whole wellbeing throughout your workday. Whenever you need a quick recharge, Wellbeats offers 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

You can also enroll in the [Give Me a Work Break](https://portal.wellbeats.com/search(m:program-detail/59)#overview) program or find work break videos here: [Work Break Category](https://portal.wellbeats.com/list/Category/Work%20Breaks)

Get started by logging into your Wellbeats *Wellness* account at [**portal.wellbeats.com**](https://portal.wellbeats.com/).

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