

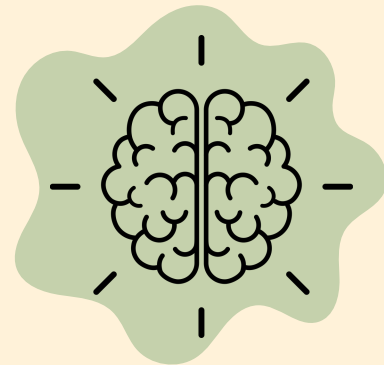


REMEMBER

MENTAL HEALTH AND WELLBEING NEWSLETTER

SIMPLE STEPS TO SUPPORT YOUR MENTAL HEALTH

Taking care of your mental health is essential for a balanced and fulfilling life. Small daily habits can create lasting positive change.



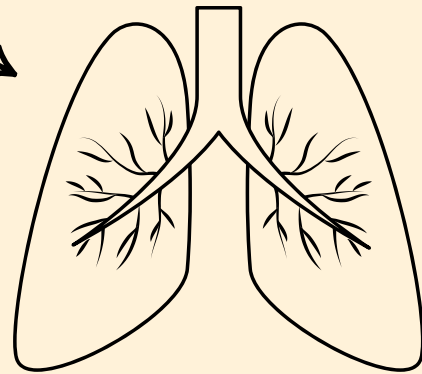
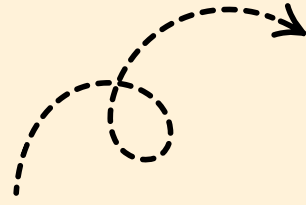
MAIN POINTS

- Take regular breaks during your day
- Practice mindfulness or deep breathing
- Stay connected with friends and family

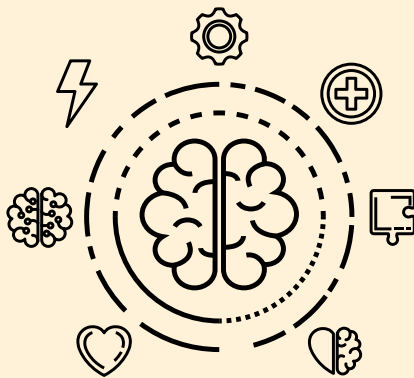


TERMLY NEWSLETTER

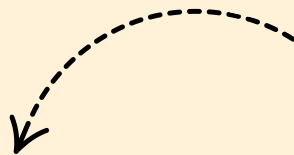
1



Incorporate mindfulness into your routine by pausing and focusing on your breath regularly.

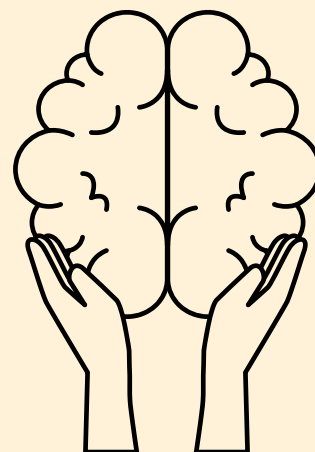
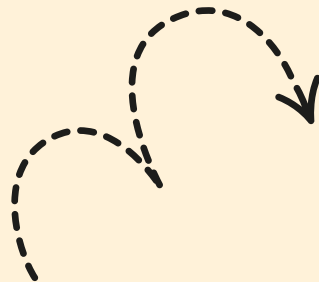


2



Incorporate mindfulness into your routine by pausing and focusing on your breath regularly.

3



Be kind to yourself; listen to your needs and honor your feelings.

