

TOTAL WELLBEING ON-DEMAND

IMPACT YOUR MENTAL HEALTH



Improving your mental health doesn't require a complete reset—it starts with one small step. Focus on simple actions that create real impact. Whether it's taking a break, going for a walk, or checking in with a colleague—every action matters.

HOW TO SUPPORT YOUR MENTAL HEALTH

PAUSE & RESET ACTIVITIES



- Try a breathing exercise
- Doodle, sketch, or color for a few minutes
- Take a 5-minute break between meetings
- Close your eyes and visualize a calm, peaceful place
- Listen to calming music or guided meditation.
- Step outside and notice sounds, smells, & temperature

MOVE FOR YOUR MOOD ACTIVITIES



- Take a brisk 5-minute walk
- Stand up every hour
- Try 5–10 minutes of yoga
- Stand up and stretch your arms, shoulders, and back
- Do a mini movement challenge (e.g., 10 squats, 10 lunges, 10 calf raises)
- Follow a quick online fitness video

CONNECT & SUPPORT ACTIVITIES



- Check in with a friend, family member or colleague
- Send a thank-you message
- Join a team chat or discussion
- Invite someone for a quick virtual coffee
- Send a thoughtful message to a friend or colleague
- Offer to help a colleague with a task

RESILIENCE IN ACTION ACTIVITIES



- Write down 1 recent win
- Reflect on mistakes and identify one lesson learned
- Practice gratitude
- Ask for help or feedback when you're stuck
- Reframe a challenge by focusing on what you can control
- Write down three things you handled well today

