



Health Topic Emails

MIND AND BODY WELLNESS

How to use this email:

Copy and paste this content into an email to encourage your employees to take care of their minds as well as bodies to help reduce stress and maintain mental health.

Subject Line

Simplify self-care

Headline

Keep your mind and body in sync

Body

How you feel and think are closely related. So, it's important to take care of your mind as well as your body to help reduce stress and maintain mental health.

Here are some tips to help:

- **Heal your body and mind** and [care for the whole you](#) with resources for easing stress, anxiety, depression, and sleep problems.
- **Learn how health problems affect emotions** and how well you [treat, manage, and cope with illness](#). Plus, find out how a positive outlook may help you better handle pain or stress.
- **See why there is growing interest in self-care**, with more than three-quarters of U.S. consumers saying [wellness is more important than ever](#).

Keeping your mind and body healthy and connected is a great way to care for the whole you. Learn more with these [helpful tips and resources](#).