



# Healthy Mind Toolkit

HelpNet

May 2019

**Access the online seminar starting:  
May 21st at noon (EST)**

**Visit:**  
[www.helpnetep.com](http://www.helpnetep.com)

**At the top of the page click on:  
Work Life Login**

**Enter your company username:  
Bronson**

Click the plus sign (+) under  
**Online Seminars** and locate the  
'Healthy Mind Toolkit' Seminar

**WHATEVER YOU NEED,  
WE ARE HERE TO HELP.**

**Phone: 800-969-6162**

## ONLINE SEMINAR

Having a healthy lifestyle leads the way to having more energy, being more productive, and being empowered to do more, and do it better. Scheduling time to improve your wellbeing with small and simple steps can have a large positive impact on your life.

This session will help participants learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in their "healthy mind toolkit."

Your Employee Assistance Program can work with you to collaboratively create goals, discuss wellbeing strategies that fit your life, and more.



# Prioritizing Wellbeing



HelpNet

May 2019

**WHATEVER YOU NEED,  
WE ARE HERE TO HELP.**

*Just call or log on to get started.*

**TOLL-FREE:  
800-969-6162**

**WEBSITE:  
[www.helpneteap.com](http://www.helpneteap.com)**

**USERNAME:  
Bronson**

## Make time for you.

A healthy lifestyle creates greater energy and productivity, empowering us to do more and to do it better. Taking care of yourself is time well invested. Improve your wellbeing with small steps that easily fit into your daily schedule.

- **Find time.** Trade 15 minutes of social media for movement minutes and taking a short walk or stretch break.
- **Protect time.** Block time on your calendar for a movement break, and honor it like you would an important meeting.
- **Buddy up.** Accountability partners share goals and encouragement, and help make your wellbeing activities more successful and fun.

Call and speak to professionals who can provide

## **YOUR EMPLOYEE ASSISTANCE PROGRAM**

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.



# Cómo priorizar el bienestar



HelpNet

Mayo 2019

**NECESITE LO QUE NECESITE,  
ESTAMOS AQUÍ PARA AYUDAR.**

*Basta llamar o iniciar sesión para comenzar.*

**LINEA GRATUITO:  
800-969-6162**

**SITIO WEB:  
[www.helpneteap.com](http://www.helpneteap.com)**

**NOMBRE DE USUARIO:  
Bronson**

## Hágase un tiempo para usted

Un estilo de vida saludable conlleva mayor energía y productividad, lo que nos posibilita hacer más cosas y hacerlas mejor. Cuidarse es invertir bien el tiempo. Mejore su bienestar tomando pequeñas medidas que se adapten fácilmente a sus horarios cotidianos.

- **Hágase tiempo.** Cambie 15 minutos que dedicaría a las redes sociales y dedíquelos a moverse haciendo una caminata breve o un recreo para hacer estiramientos.
- **Reserve tiempo.** Bloquee un tiempo en su agenda para tomarse un recreo de movimiento y respételo como lo haría con una reunión importante.
- **Júntese.** Hacer actividades compartidas ayuda a cumplir los objetivos y estimula. Además ayuda a que esas actividades de bienestar sean más exitosas y divertidas.

Llame y hable con profesionales que puedan ofrecerle

## SU PROGRAMA DE ASISTENCIA AL EMPLEADO

Disponible en cualquier momento, cualquier día, su Programa de asistencia al empleado es un beneficio gratuito y confidencial que lo ayuda a equilibrar los aspectos laboral, familiar y personal de su vida.