



# Rise Wellness Check-IN

Refocus. Reset. Rise.

July 2025

We're officially in the second half of the year—and it's the perfect time to check in with yourself. Whether summer has brought a slower pace or added stress, taking care of your mental health matters now more than ever. Here are a few gentle reminders to help you stay grounded and steady this month.

## 5 Gentle Mental Health Reminders for July

- **Check in with yourself.** Ask, "How am I really doing?" every day.
- **Make space to rest.** Even 10 quiet minutes can make a difference.
- **Move your body.** Walk, stretch, or dance—whatever feels good.
- **Reach out.** A quick chat with someone can lift your mood.
- **Be kind to your mind.** Speak to yourself with care—you're doing your best.

If you're feeling a little off or just need some extra support, you're not alone. You don't have to wait for things to get really hard to reach out. Whether you're stressed, overwhelmed, or just need someone to talk to, we're here for you. Sometimes the best thing you can do for yourself is simply say, "I need a little help"—and that's always okay here.

Rise Wellness

