



HAPPY HEALTHY WORKPLACES

**Hooray
A
Positive
Productive
You!**



Mindfulness | Self-care



Safe



Healthy



Resilient

15 minute Mind Break At a Glance

- ✓ Mindfulness
- ✓ Happy + WELL
- ✓ Promise to Plan

About Mind Break

Take a 15-minute break to relax your mind with imWELL. Learn how to live *H.A.P.P.Y.* + *W.E.L.L.* when you Promise to Plan for 2022.

Develop and use an action plan and resources during a negative experience or difficult challenge and achieve a safe, healthy, and resilient lifestyle.

