**Employee Distribution Email Template:**

**July 2025**

Dear \_\_\_\_ Employee,

We know that everyone faces a range of challenges at work and at home. Now, more than ever, we urge you to make the most of the resources, tools, and support provided by your ComPsych GuidanceResources program:

International Self-Care Day, observed annually on July 24, emphasizes that consistent self-care—including practices like deep breathing, stretching, muscle relaxation, meditation, and calming thoughts—is crucial for improving overall health and well-being. Learn more:

[International Self-Care Day](https://www.compsych.com/wp-content/uploads/F_Q3_25_InternationalSelfCareDay.pdf)

Parents are instrumental in fostering lifelong healthy habits in children by acting as role models, making nutritious choices accessible, promoting good hygiene and consistent sleep, limiting screen time, prioritizing family activities, and supporting their mental well-being. View the full checklist below:

[Family Wellness Checklist](https://www.compsych.com/wp-content/uploads/Family-Wellness-Checklist.pdf)

To achieve better work-life balance, it's essential to delegate tasks, prioritize what matters, remain flexible, explore alternate work arrangements, and cultivate a strong support network. Here’s how:

[Tips for Better Work-Life Balance](https://www.compsych.com/wp-content/uploads/Tips-for-Better-Work-Life-Balance.pdf)

This mindfulness toolkit provides various resources to help you engage in the present moment, effectively manage stress, and enhance overall well-being through practices like meditation, relaxation, and gratitude.

[Mindfulness Toolkit](https://pages.e2ma.net/pages/1807892/51684)

Designed with you and your personal well-being journey in mind, the [NEW GuidanceResources digital experience](https://share.vidyard.com/watch/qxyEpohDy5NWjfriGrGPdr) offers personalized access to mental, emotional, work-life, legal, financial, and well-being support. Also, check out the Q2 Well-Being Newsletter to support your needs.

[Q3 2025 Well-Being Newsletter](https://www.compsych.com/wp-content/uploads/NL_WB_Q3_2025.pdf)

[View The GuidanceResources Digital Experience Flyer](https://emma-assets.s3.amazonaws.com/i90cb/8aa7bf5c4db007f927bebe13a12ab048/F_A_New_GuidanceResources_Digital_Experience_editable.pdf)

Your GuidanceResources program provides easy, effective ways to incorporate a few minutes of stress-busting self-care into your busy day. These brief videos are a good example. Be sure to select your desired language by clicking the CC closed captioning button.

[Video - How can I improve my self-esteem?](https://share.synthesia.io/3edec4a0-a2b7-4f3b-adb2-f03d45e8a6d9?language=en)

[Video – Mindfulness Practice](https://share.synthesia.io/c0613bde-db4f-44aa-9640-d67e2a76e984?language=en)

[Video – Guided Breathing Exercise](https://share.synthesia.io/86c790d3-27d7-4321-a22d-6cdbcc17e87c?language=en)

Please do not hesitate to reach out to your leaders or us if there is anything we can do to help.

Kind Regards,

Company