**Employee Distribution Email Template:**

**June 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:

Juneteenth, observed annually on June 19th, commemorates the end of slavery in the United States and celebrates African American freedom and achievements. Pride Month, celebrated throughout June, honors the 1969 Stonewall Uprising and recognizes the significant impact of LGBTQIA+ individuals on history.

[Juneteenth (U.S.)](https://www.compsych.com/wp-content/uploads/F_Q2_25_Juneteenth.pdf)

[Pride Month](https://www.compsych.com/wp-content/uploads/F_Q2_25_PrideMonth.pdf)

Positive Intelligence, coined by Shirzad Chamine, describes the ability to manage thoughts and emotions for optimal performance by choosing a more positive perspective on life. Learn more below:

[Positive Intelligence](https://www.compsych.com/wp-content/uploads/HS_Q2_25_PositiveIntelligence.pdf)

A healthy mindset, vital for wellness, requires recognizing and reframing negative thoughts positively through techniques like journaling and affirmations, alongside self-compassion. Read more below:

[Healthy Mindset](https://www.compsych.com/wp-content/uploads/HS_Q2_25_HealthyMindset.pdf)

Thinking traps, or thought distortions, are negative patterns that hinder goal achievement by causing us to overestimate negative possibilities, jump to worst-case scenarios, or treat anxious thoughts as facts, requiring recognition and challenge to change.

[Challenge Your Thinking Traps](https://www.compsych.com/wp-content/uploads/HS_Q2_25_ChallengeYourThinkingTraps.pdf)

This toolkit below provides simple diet and lifestyle strategies, including healthy eating guides, budget-friendly nutrition tips, mood-boosting foods, and motivation techniques to increase energy levels throughout the day.

[Eat Well, Feel Well Toolkit](https://pages.e2ma.net/pages/1807892/37712)

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 below to support your needs.

[Q2 2025 Well-Being Newsletter](https://www.compsych.com/wp-content/uploads/NL_WB_Q2_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 to Improve Mental Health and Well-Being](https://share.synthesia.io/d0dce18b-9a10-477c-9acd-c24cbbac73ad?language=en)

Video - [Guided Imagery](https://www.compsych.com/guided-imagery-video/)

Video - [Gratitude](https://www.compsych.com/gratitude-practice-video/)

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

Kind Regards,

Company