

LEARN SOMETHING NEW

IMPROVE YOUR MOOD

STUDIES SHOW LEARNING A SKILL HAS A HUGE IMPACT ON OUR OVERALL WELLBEING. IT GIVES US A SENSE OF ACCOMPLISHMENT AND CAN BOOST OUR CONFIDENCE.

CHECK OUT THE FREE RESOURCES BELOW:

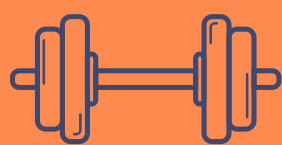
PHYSICAL



start practicing yoga.

Yoga gives you strength, flexibility, and mind-body awareness. Try Yoga with Adriene for FREE: <https://yogawithadriene.com/>

keep moving.



Gyms might be closed temporarily but that doesn't mean you can't work out. Many online fitness companies are offering free trials to keep you active!

Daily Burn: 30 day free trial

<https://dailyburn.com/landing>

Pelaton: 30 day free trail

<https://www.onepeloton.com/app>
(no equipment needed)

start a new hobby.

Not sure where to start? From illustration to learning a new language, from cooking to playing an instrument--try an online class or tutorial.

Skillshare has FREE classes for your career, passions and everything in between.

<https://www.skillshare.com/browse>
<https://www.helpneteap.com/>

Don't forget about YouTube! **YouTube** has thousands of FREE "How To" Videos to help you start your new hobby.

<https://www.youtube.com/>



MENTAL



HelpNet.

Online or over the phone - learn new tools for coping with stress, anxiety and uncertainty.

<https://www.helpneteap.com/>

Click "Work Life Login"

Company Login Username: Schupan
(800)-969-6162

guided meditation.

Heard about the benefits of meditation? **Headspace** is the leading online tool for guided meditation and their methods are backed by science. So whether you are looking to improve your sleep, focus, stress or anxiety - Headspace can help.

Try it for FREE:

<https://www.helpneteap.com/>

NEW SKILL