



TAKE CARE OF YOUR Mental Health with Wellbeats



Taking good care of both your mind and body plays a huge role in supporting your mental health and overall wellbeing. A healthy lifestyle can help prevent the onset and worsening of mental health conditions and chronic health problems*.

Here are recommended Wellbeats classes to support your mental health:



Therapeutic Yoga: Neck

30 minutes

Play this blend of gentle Hatha and Yin Yoga to soothe stress, ease tension and release tight muscles in your neck and shoulders.



Boost Your Mood

12 minutes

Looking for a fresh, healthy option that will help boost your mood? Join Chef Marshall as he steps you through a delicious Barley Berry Kale salad.



Tai Chi Reduce Stress

13 minutes

This Tai Chi series of movements will help alleviate and reduce anxiety and stress. Take a few moments, breathe and enjoy.



Gratitude Meditation

30 minutes

Join Chance through a guided meditation and reflection on the power of gratitude. While routine and repetitive lifestyles cause us to overlook the blessings in our life, a simple redirection of our attention can create a blissful experience.



Fire in the Belly

9 minutes

Join Greta in this quick, guided meditation to reconnect with your inner power and energy!



Reduce Tension

2 minutes

Anytime you need to reduce tension, try this simple, 2-minute "Tense and Release" technique to relax your muscles, reset your brain and help you feel more positive and relaxed.

Find even more fitness, nutrition, and mindfulness classes to take care of your mind and body by downloading the Wellbeats app or visiting portal.wellbeats.com.

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*Source: Mental Health Minnesota