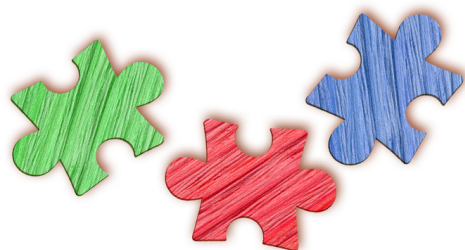


# MENTAL HEALTH AND WELL-BEING SERVICES





# HEALTHIER EMPLOYEES HEALTHIER RESULTS

Simple solutions for big benefits

## It's Just What People Need

The COVID-19 pandemic illuminated the importance of health and well-being. Now more than ever, there is an emphasis and need to focus on mental health and enhance employee well-being during times of change. Our comprehensive solutions provide employees with ongoing programs that engage and support their mental health and well-being throughout the year. From convenient virtual yoga and meditation classes to tailored Well-being Coaching and webinars with exclusive mental health content, employees have access to a variety of turn-key solutions and resources guaranteed to benefit their mental well-being journey.

## Good for Business

**78%**

Employees feel regularly stressed due to lack of separation between work and home, unmanageable workloads, etc.

**25%**

Employees said their mental well-being had worsened since the prior year, diagnosable mental health conditions doubling

**71%**

Job seekers expect their prospective employer to offer mental health benefits

**68%**

Senior HR leaders rated employee well-being and mental health as a top priority

**\$300 Billion**

Yearly cost of job related stress and its negative effects on employee mental well-being

\*Future Workplace 2021 HR Sentiment Survey  
\*Lyra 2021 State of Mental Health Report



Call 904-285-2019 or email us at [hello@healthdesigns.net](mailto:hello@healthdesigns.net)  
to learn more and take advantage of these solutions!



# HEALTH DESIGNS MENTAL HEALTH & WELL-BEING SERVICES

## Virtual Meditation Series

Live guided meditation to take a mental break, balance work-stress, and recharge! This 4-week series offers:

- 15-minute virtual sessions
- Breath work, progressive relaxation, guided visualization techniques
- Additional access to resources and tools for participants

## Well-Being Coaching

Meeting employees where they are on their personal health and well-being journey is imperative to their success. Coaching can be provided onsite or virtually. Our team of health and wellness experts use Intrinsic Coaching to deliver:

- Self-identified well-being goals
- Accountability
- Encouragement & Feedback

## Wellness Portal

Provide engaging 4-6 week challenges and self-paced Coaching Modules that are centered around mindfulness, relaxation and positivity, including:

- Take time to Unwind
- Living Well
- Rallying Resilience

## Webinars & Workshops

Inspire behavior change with interactive educational sessions facilitated by a seasoned wellness professional! Topics to choose from:

- Building Boundaries for Better Health
- Self-Care: A Stress Management Tool
- The Art of Letting Go
- Balancing Stress & Energy
- Mindfulness