

Hello!

Here is your Health Kit for December 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

Relaxation is an essential part of your mental health and overall well-being. If you aren't making time for yourself, you may find you feel tense, stressed, and anxious. In this month's Health Kit, you'll learn how to incorporate time into your daily routine to relax..

Poster

Check out this month's poster to learn how relaxing can benefit your body.

[Download Poster](#)

Brain Game

Unscramble these words associated with relaxation.

Download Game

Recipe

Take time to relax and enjoy these healthy apple nachos!

Download Recipe

Podcast

In this episode, you'll learn what happens to your body when you're in a relaxed state.

Listen

Short Video

Watch this video to learn about how you can do yoga to relax.

Watch Video

Additional Information:

[For More Information on Relaxation](#)

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