



Well onTarget®

Health Kit | **May 2020**

# Hello!

## Here is your Health Kit for *May 2020*.

Here is your Health Kit for May 2020. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thanks for your efforts!

Mindfulness has been shown to be essential in reducing stress and boosting overall happiness. With the impacts the coronavirus has on daily life, taking care of your mind and body is more important than ever.

In this month's Health Kit, you'll find information and tips to help you incorporate mindfulness into your routine.

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### Poster

Download this month's poster to learn how to S.T.O.P. stress in its tracks with four steps.

[Download Poster](#)

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### Brain Game

Check out this search for words associated with mindfulness.

[Download Game](#)

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## Recipe

These veggie-packed quiche muffins pack a healthy punch with minimal prep work required — the best of both worlds.

[Download Recipe](#)

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## Coaching Moment: Live Mindfully

This month, Ashley challenges you to practice being more present each day.

[Watch Video](#)

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## Short Video: The Benefits of Mindfulness

Mindfulness has a significant impact on both your physical and mental well-being. Click this video for more.

[Watch Video](#)

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## Podcast: The Mind-Body Connection

How are our minds and bodies connected to each other? Listen to this podcast for tips to promote a positive mind-body connection.

[Listen](#)

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### Additional Information:

[Looking for information on Coronavirus \(COVID-19\)? Check out this resource.](#)

### Coming up...

Tune in next month for information on foodborne illnesses and how to protect yourself against them.

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