

Mental Health E Campaign – Disconnect to Reconnect – Email Blurbs

Week 1

Relationships at times can be far more complicated than they appear. Do you have a relationship in your life that has been “red flagged” because of an infringement on your values? Learn how setting boundaries can provide a clear definition of what is accepted so that you can wave the white flag on your red flagged relationship.

Week 2

Are you getting tired of the technology trap that we seem to live our lives in? Unplug and awaken the quality of your life by connecting to the natural world around you. How much of an impact does nature really have on your mental health?

Week 3

Times are tough, and it can be difficult to always stay optimistic. Expecting good things to happen and being a positive influence makes you happier and healthier! Do you need help seeing the glass half full? Let's fill your cup!

Week 4

Are unrealistic expectations influencing your ability to lead a fulfilling life? Our unspoken beliefs may be setting us up for disappointment. Learn how to achieve what you want in life through intentional goal setting.