

**DISCONNECT**

# TO IMPROVE

**MENTAL WELLNESS**

**LET GO OF NEGATIVE THINKING.**

**GIVE YOURSELF A BREAK FROM TECHNOLOGY - UNPLUG.**

**BREAK THE CHAIN OF TOXIC RELATIONSHIPS.**

**STOP THE GLORIFICATION OF BUSY.**

**PUT AN END TO UNREALISTIC EXPECTATIONS.**

 **CORPORATE WELLNESS**  
MEMBERSHIP

Powered by:  **Employee Wellness Solutions Network**  
Nutrition | Balanced Lifestyle | Fitness