**2021 Email Campaign – Emotional Wellness – Wealthy From Within**

**Weekly Email Summaries**

Week 1: Investing In Yourself

Are you suffering from chronic stress? Understand the risks and the important role that self-care plays in managing stress effectively and keeping you healthy – and happy! Making time for yourself may not be easy, but we have some tips to get you started.

Week 2: Boosting Your Self-Wealth

Our busy days are filled with choices and the decisions we make have a direct impact our health. Identify the activities that drain your energy and those that boost you up, and learn how to add more healthy habits to your day.

Week 3: Building Your Happiness

Learn how to flex your happiness muscle! Developing a skill takes practice and happiness is no different. Discover some changes that you can make in your life to help you focus on self-care and build positivity and resiliency. Living a healthier and happier life starts with making you a priority.

Week 4: Self-Wealth Mindset

Life comes with its ups and downs, and how you approach those moments makes all the difference. Understand the power of your thoughts and how to create a self-wealth mindset to help you optimize your health and get the most out of life!