

## Blurbs Mental Wellness 2020 – Time for Change – Email Blurbs

### Week 1

Feeling like a slave to your device? Smartphone addiction is real and is a danger to your health. Use the self-assessment tool to see where you might need to make some changes.

### Week 2

Are you my friend? Social media has blurred the lines on our relationships. What constitutes a real friendship in today's social media driven world? True friendships are the key to a truly connected world.

### Week 3

Do you feel trapped in a world of likes, comments, and comparison? Social media may be contributing to a decline in mental wellness. Find balance in your life (online and offline) with a social-media self-care strategy.

### Week 4

Notifications, emails, text messages – the noise and clutter around us can seem endless. How do we deal with all of the digital multitasking we are forced to face? Take a break! Relieve stress and anxiety with a digital detox.