

Spring is a season of renewal, making it the perfect time to focus on wellness and self-care. Self-care is fundamental to feeling fulfilled, energized, and balanced. It's a great time to refresh your routines, prioritize movement and nourish your body with seasonal foods. The sense of new beginnings in Spring can inspire you to reset, recharge and refocus on your well-being!

Check out this video, shared from our CHMA *Not Myself Today* resource centre, to learn more about the different types of self-care.

Do it. Yourself.

Here is our “Wellness Wednesday” tip of the week that we encourage you to share, print or post in a common area for your employees.



notmyselftoday.ca



Canadian Mental Health Association
Mental health for all