



Employee mental wellness resources

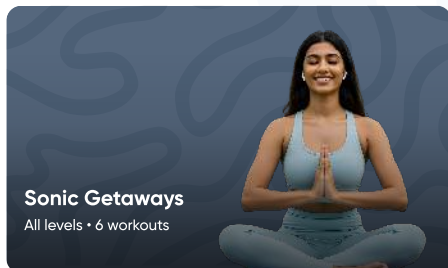
At Aaptiv, we're here to make mental wellbeing approachable and achievable for your team. From group challenges to stress-busting programs, articles and meditations, we've got tools to support your employees every step of the way. This document includes links to programs, challenges, collections, and articles designed to help your team engage in meaningful wellness activities throughout the month.



Collections

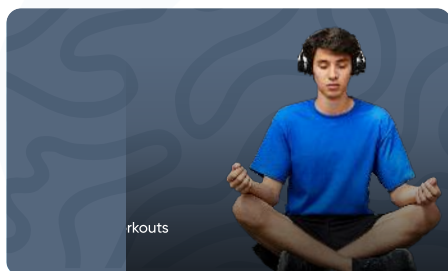
Our Collections are perfect for finding quick, stress-relieving sessions that fit any employee's schedule. These curated workout bundles aren't guided like programs, so they can dive into a single session or explore a whole series whenever they need to decompress.

Head to the Discovery screen to find these workouts and explore more Collections designed with mental wellbeing in mind.



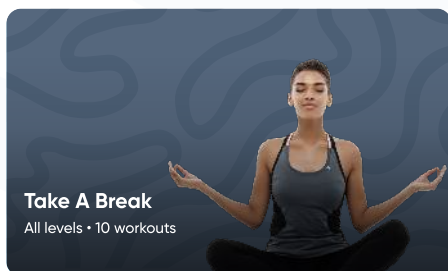
Sonic Getaways

These aren't your average guided meditations. Each one features immersive sounds that follow the trainer's guidance through visualizations. This series is designed to elevate your subconscious, ignite your imagination, and transport you to a peaceful place.



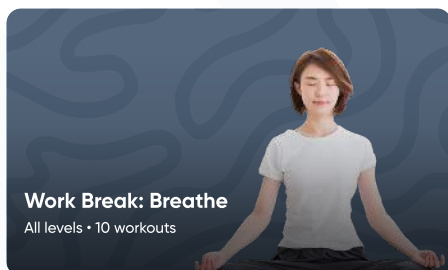
Gratitude

Experience 7 guided meditation sessions focused on gratitude, each led by a different Aaptiv trainer. This curated collection is perfect for anyone beginning their meditation journey and looking to cultivate mindfulness with ease.



Take A Break

This collection of 10 workouts offers an effective way to relax and restore balance. With options like yoga, meditation, stretching, and walking, these routines help you refocus in just a few minutes.



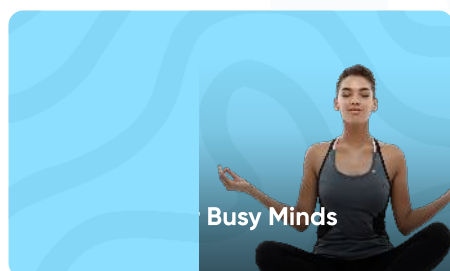
Work Break: Breathe

Need a moment of your workday to pause and recalibrate your mind? Come to this collection of short and simple breath meditations.

Programs

Wellness is a journey, and our programs are here to guide employees at their own pace. These week-by-week plans are tailored to support mental wellbeing with workouts designed to help reduce stress – think meditation, yoga, walking, and stretching. Whether they are looking to unwind or refocus, these programs will help them stay on track.

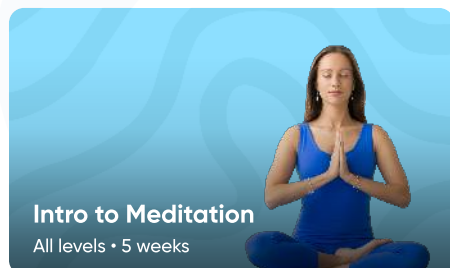
Discover these and more stress-reduction programs in the app by visiting the Programs by Goal section on the Discovery screen.



Meditation for Busy Minds

Join trainer Jade Alexis to find balance and ease anxious thoughts. Learn meditation techniques to manage stress and yoga poses to rejuvenate the mind and body.

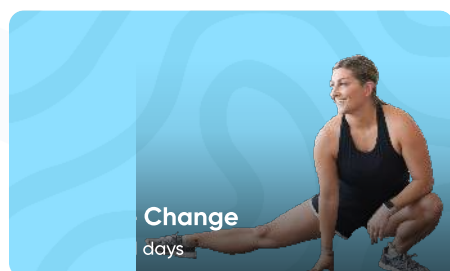
[Go to program](#)



Intro to Meditation

Learn the basics of meditation, plus how to grow your own meditation practice, with the help of trainer Jade Alexis, who will guide you through daily meditations to calm your mind.

[Go to program](#)



Embrace Change

Through guided meditations, yoga sessions, and practical tools, this program empowers you to navigate and embrace change with confidence and ease.

[Go to program](#)



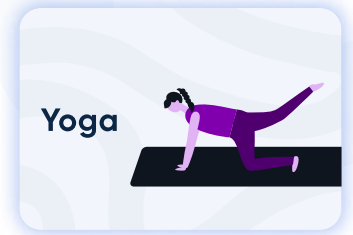
Shift Your Mindset

Trainers Katie and Nicole combine mindful movement while focusing on little changes you can make to your mindset and habits each day.

[Go to program](#)

Workout Categories

Sometimes, all it takes is one workout to reset and recharge. That's why it's simple to explore a variety of workout categories in the app. Whether employees are searching for a specific trainer, working with limited time, or looking to match their ideal intensity level, they'll find workout options designed to fit seamlessly into their routine. These categories below are great to highlight during Mental Health Month, promoting both physical and mental well-being.



Articles

In the Aaptiv magazine there are articles related to mental wellbeing with new articles published every month! Here are a few articles you can share this month. Explore more articles related to mental wellbeing, reducing stress and workplace wellness on the website [here](#).



MENTAL HEALTH

5 Simple Ways to Boost Your Mental Health



HEALTH

Here's Why You Should Take Mental Health Days



MENTAL HEALTH

Sweat Away Stress: How Exercise Can Help Reduce Anxiety



MENTAL HEALTH

5 Simple Mindfulness Exercises to Boost Your Mental Health



HEALTH

How to Find Self-Love Through Fitness and Wellness



HEALTH

6 Habits to Start When Working on Your Mental Health