

APRIL

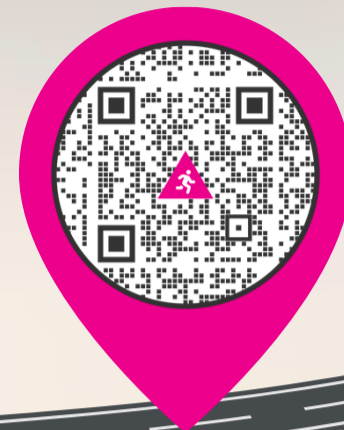
THE ROAD TO RESILIENCE

a month of stepping into mindfulness

Start your mental wellness journey and see where the road takes you!
Complete the tasks below and log them using the QR Code to be entered
into a raffle to win a **Series 8 Apple Watch!**

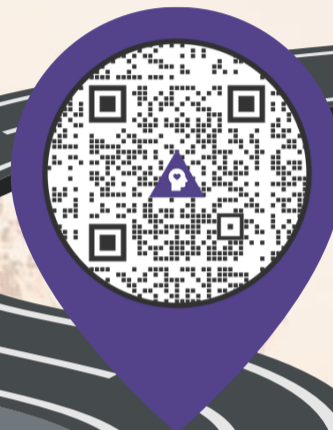
MOVE

Visit the [Monthly Feature tile](#) of your SupportLinc home page for tips on adding more movement into your day.



MINDSTREAM

Learn how physical exercise affects emotional wellbeing by completing the recommended [Mindstream exercise](#), accessible through SupportLinc.



BOOST

When you prioritize your health, you can ease stress and boost your mood. This spring, embrace self-care with helpful tips from this [SupportLinc article](#), featuring self-care strategies, relaxation techniques, and more to enhance your well-being.



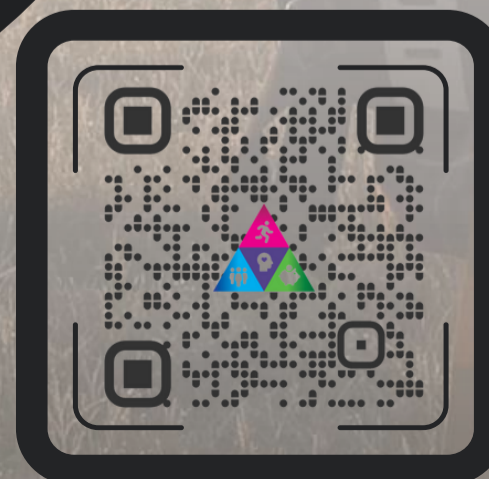
BONUS STOP

Spend some time in nature and tell us about it to earn an extra entry for the prize drawing!



SMARTDOLLAR

Watch the [featured video](#) to learn how financial literacy can improve your mental health



SCAN OR
CLICK THE
QR CODE TO
LOG YOUR
JOURNEY