

A Check Up from The Neck Up

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Cheers to your (Mental) Health! In this fun and informative lunch and learn you will take a breath (or two) and learn how to nurture healthy habits that will **empower your personal happiness and increase your effectiveness**. You will also be able to enhance your workplace wellbeing and improve individual and team mood and morale. Studies show that **happier employees work better and are more productive**. Ready to overcome stress and learn happiness hacks that your team will appreciate too? Tools and resources in this program include:

1. Identify the common causes of workplace stress.
2. Understand the effects of uncontrolled stress.
3. Learn how to manage stress in the workplace.
4. Discover four signs you need a Mental Health Time Out.
5. Utilize five tips to maintain your well-being.