



**Please Join Us in Celebrating Good Health!**

## **MENTAL HEALTH ON-DEMAND MICROLEARNING VIDEO BUNDLE**

**Watch these videos to learn about**

- **Managing stress**
- **Refocusing**
- **Recharging**
- **And feeling better!**

**Click each title to watch the video.**

**[5-4-3-2-1 Grounding Exercise](#)**

**[Box Breathing](#)**

**[Creating a Positivity Stockpile](#)**

**[Deep Breathing Break](#)**

**[Grounding Exercise](#)**

**[Journaling Exercise](#)**

**[Mindful Eating Exercise](#)**

**[Positive Self-talk](#)**

**[Practicing Gratitude](#)**

**[Rainbow Meditation](#)**

**[Tapping Method](#)**

**[Time Management Tips](#)**



**MASSACHUSETTS**

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