

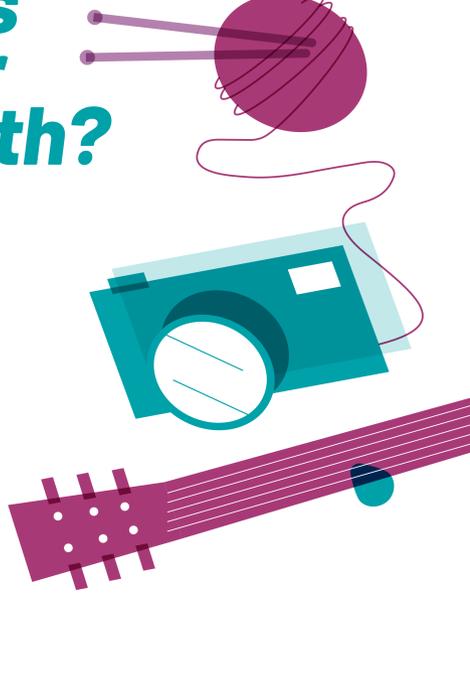


A WELLSTYLES NEWSLETTER



# Can Hobbies Improve Our Mental Health?

There is no doubt that this pandemic has taken its toll on our mental health. In the last year, many individuals have expressed feeling more anxious, lonely, and depressed than they have in their life. While much of the key advice being given addresses sleep, nutrition, hygiene, and exercise – it feels like there may be some less obvious recommendations that have been overlooked. Although it is no secret that these lifestyle factors play a big role in mental well-being, research also shows that having a hobby can have an impact on your mental health. People with hobbies are less likely to suffer from stress, low mood and depression, and more likely to feel happier and more relaxed. It might be time to think about what brings you joy and make time for more of these activities in your routine.



WONDERING HOW YOU'RE GOING TO JUGGLE A HOBBY WITH ALL YOUR OTHER RESPONSIBILITIES?

CLICK HERE TO DISCOVER SOME IMPORTANT STEPS TO FINDING A HOBBY AND MAKING IT SUCCESSFUL!



## HABIT CHALLENGE

HOBBY TIME!

Join WellStyles in the Hobby Time Challenge May 10th-May 21st to track your progress. Log 6 out of the 12 days that you prioritize spending time on an activity that you enjoy to earn an additional 200 points to your wellness program! Registration for the hobby time challenge opens on May 3rd.

Click on the social tab to join!



ARE YOU SIGNED UP FOR WELLSTYLES?



SCAN OR CLICK TO REGISTER

DID YOU MISS LAST MONTH'S EPISODE OF



Better Bites of Food and Knowledge is a themed monthly series equipped with practical nutrition education, a collection of hand-picked recipes, prep videos in the kitchen with Kristen, and downloadable PDF recipe cards ready to print or save. Stay connected with Better Bites to start focusing on nutrients and gaining knowledge to optimize your health.

SCAN HERE TO SUBSCRIBE TO BOTH THE BEET & BETTER BITES!



## TECH TIP

- 1 Login to your WellStyles account either online or on the Virgin Pulse App.
- 2 Click on the benefits tab App  
The benefits tab is found at the bottom of the screen  
Online  
The benefits tab is found at the top of the screen.
- 3 Click on view all and scroll to the bottom of your screen
- 4 Here you will find 3 WHIL videos.  
Complete a WHIL session to earn 20 points, the more sessions you complete the more points you earn!

ACCESS WHIL ON WELLSTYLES WITH THESE 4 EASY STEPS



MORE OF A VISUAL LEARNER? WATCH OUR HOW TO ACCESS WHIL ON WELLSTYLES.

## work it

Complete each exercise for 30 secs. Rest for 15 secs between each exercise.

- 1 wide leg stretch
- 2 elbow to knee crunch
- 3 upward facing dog
- 4 yogi squat
- 5 hip flexor stretch
- 6 ragdoll stretch

4 rounds total. Rest for 1 minute between each round!

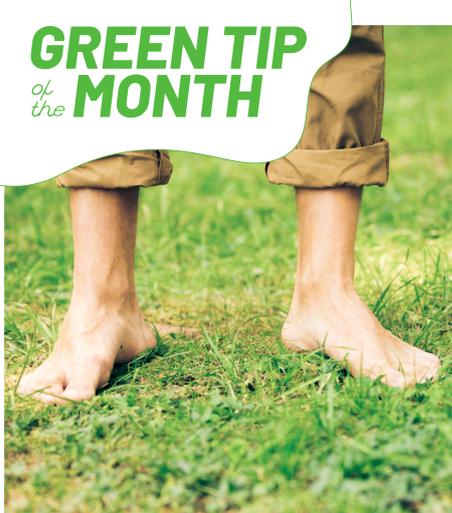
## ACTIVE RECOVERY DAY



## out

WATCH NOW

## GREEN TIP of the MONTH



## GROUND YOURSELF

Grounding is a simple lifestyle intervention that is free of cost and requires no equipment. It is as simple as regularly walking barefoot outdoors in contact with surfaces such as grass, soil, stone or sand. It connects people to the healing energy of the earth and has many health benefits including reduction in inflammation and stress, improvements in pain, blood flow, sleep and overall well-being. This practice has been shown to improve mood, boost positivity, and create a sense of relaxation. So what are you waiting for?

TAKE THOSE SHOES OFF AND GET OUTSIDE!

YOU CAN'T CALM THE STORM. CALM YOURSELF AND THE STORM WILL PASS.

RECEIVE THIS EMAIL FROM A FRIEND?

CLICK HERE TO SIGN UP YOURSELF!

