







Mental Well-being Support

Navigating life comes with its unique challenges—be it parenting hurdles, financial stresses, cultural challenges, health concerns, personal relationships, life transitions, or others. Your access to HealthKick's wellness platform is an invaluable resource, providing personalized guidance, and helping equip you with effective tools and insights to set a foundation for stronger mental resilience.



Explore HealthKick to Support Your Mental Health

-  Step away from your work for a moment of relaxation and reflection. HealthKick offers meditation and breathwork sessions guided by professionals to help you find peace amid the daily hustle.
-  Dive into HealthKick's live events and on-demand webinars that offer insights on managing stress, coping with anxiety, and building resilience. Led by experts in the field, sessions are tailored to offer actionable strategies and tips.
-  Stay informed with the HealthKick blog specifically curated for your well-being, from understanding mental health challenges to learning self-care routines.
-  With HealthKick, you have direct access to seasoned mental health and wellness coaches. Whether you're facing a specific challenge or just need someone to talk to, schedule a consultation at a time that suits you.
-  Browse through HealthKick's Thrive partners, like Calm, Insight Timer, and Aura for relaxation, mindfulness, and guided practices to help you find calm and focus in your day.
-  You're not alone in your journey to mental wellness. Connect with fellow colleagues, share your experiences, learn from others, and build a supportive and empathetic community.

Get Started Now >>>



[Activate Your Account](#)

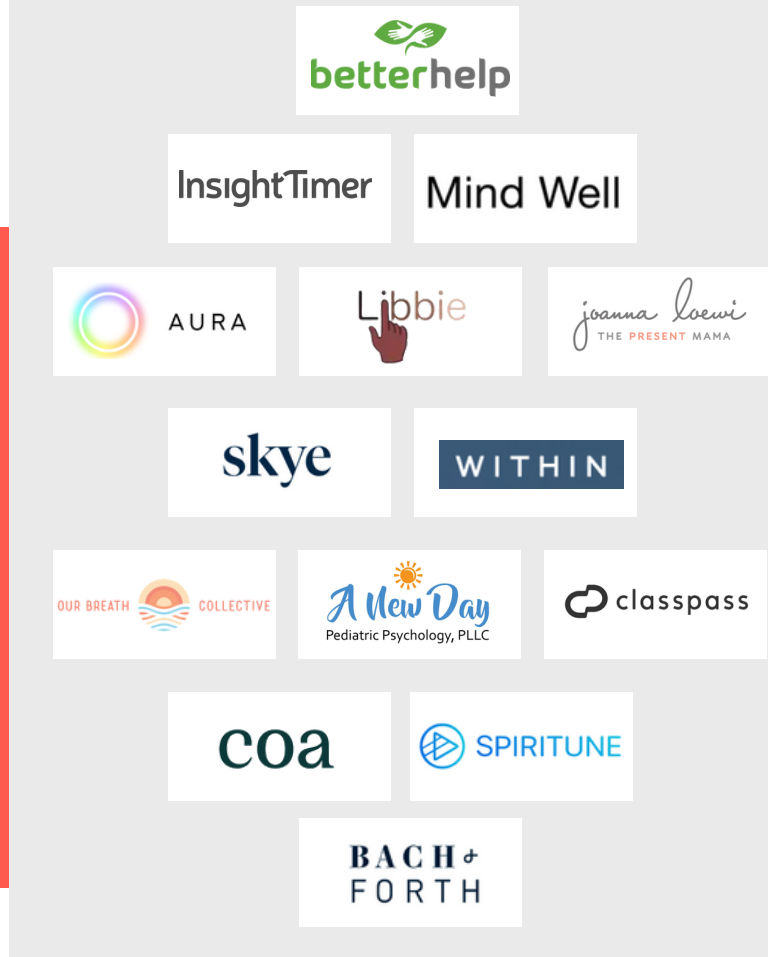


[Start Exploring HealthKick](#)

Mental Health Resources

Mental health refers to your state of mind, good mental health is about feeling a general sense of well-being, confidence, and healthy self-esteem.

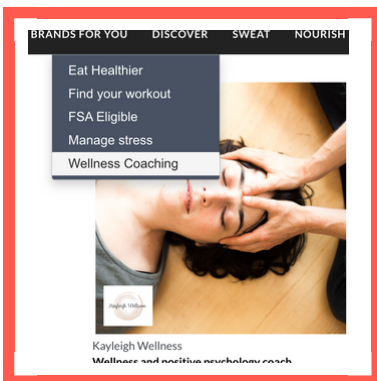
We all need a little extra support sometimes. These HealthKick partners can help cope with stress, anxiety, and change to help you navigate the way forward.



HealthKick’s newest partner BetterHelp is the world's largest professional online therapy platform! Take the quiz and get matched to a licensed therapist who fits your needs and preferences in as little as 48 hours. Then schedule your first session via video, phone, or live chat. HealthKick community gets their first month free then 25% off the next three months. Plus, BetterHelp accepts FSA/HSA cards!



HK members receive free access to Insight Timer, the largest library of meditation, sleep, breathwork, yoga, and contemplation tools in one app. Great for beginners and experienced practitioners Insight Timer allows you to build healthy habits and create a well-being routine that works for you.



HK members have direct access to seasoned mental health and wellness coaches. Whether they’re facing a specific challenge, need address the root cause of stress or just need someone to talk to, they can schedule a free 1:1 consultation with experts across all areas of whole person wellness from Nutrition, Health and Behavior Change, Financial Planning, Parenting, and Life Coaching

HealthKick’s digital wellness platform makes living well an everyday adventure by connecting employees to top brands across every dimension of wellbeing and delivering personalized recommendations based on their unique interests and lifestyles.



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www.health-kick.com



We Asked Our Partners

What's your simple advice for how employees can relieve their feelings of stress, and overwhelming emotions or simply support their mental health?

What do you do personally to support your mental wellness?



Beth Lipton
Health Coach

“The quickest and most accessible way I know to manage stress is deep breathing. Taking deep belly breaths actually activates physiological processes in the body that calm us down from the inside out. Try breathing in for 4 slow counts, hold for 4, exhale for 4, and hold for 4. You can do it during moments of acute stress, and also build it into your day to help keep stress at bay. Take a few breaths when you’re commuting, waiting in line, or before meals.”

“I have a twice-a-day meditation practice that I’ve been doing for about 7 years, 15 minutes at a time. (I’m super fidgety so believe me, if I can do it, anyone can!) Regular exercise and quality sleep are also key for my mental health.”



Katie Mitchell
Unfold Yoga + Wellness

“Small changes create radical results. I believe that taking care of yourself is PART OF your work, not an afterthought. Schedule wellness breaks into your workday like you would any other meeting. Prioritize your wellbeing so you're able to show up for your life in the ways that matter most.”

“Lately I've been finding real value in simply slowing down - from making coffee in the morning, to walking my dog, to bathing my daughter at night. By intentionally bringing a SLOWness to the process, mindful living becomes more accessible. It's integrated into my day, rather than something that I need to check off my to-do list. “



Kathleen Booker
Jedi of Calm

“Right now just place your hand in the center of your chest...lightly allow your palm to rest on your chest. Take an easy Breath...easy...do that again....take an easy breath. Now just sighhhhh.”

“Exactly what I shared! For me just the awareness of my Breath is like a lifesaver or buoy to hold on to when the waters are a bit rough!”