

Wellbeing Online

Messaging to employees

Subject Line: Take Charge of Your Wellbeing – Sign Up to our new employee benefit

Your mental wellbeing matters, and we're excited to introduce a new resource designed just for you: Wellbeing Online by Workplace Mindfulness. This tool provides bespoke wellbeing modules and resources to help you feel your best and thrive both at work and in life.

Here's how the portal can support you:

- **Bespoke content** and modules built for our employees
- **On-demand resources** for managing challenges and building resilience.
- **Confidential and secure** access, anytime, anywhere.

Signing up is easy and takes only a few minutes:

1. Visit <https://exploremywellbeing.com/>
2. Follow the simple instructions to create your account.
3. Start exploring a wealth of tools and resources for your wellbeing.

We encourage you to take advantage of this opportunity to prioritize your mental health. Whether you're looking to de-stress, build resilience, or simply learn new ways to feel your best, this solution is here to help.

If you have any questions or need assistance, feel free to reach out to [support email/HR contact].

Take the first step today and explore the benefits of the Wellbeing Portal.