

MARCH 2025

Getting Active for Mental Well-being

Physical activity can be a powerful tool for your mental health. Regular exercise, even going for a walk, can boost your mood and reduce feelings of stress. Build movement into your daily routine!


LET US HELP

TOLL-FREE: 800.633.3353

WEBSITE: mygroup.com > Current Participants > Resources > Access Work-Life Services

USERNAME: organization-specific

PASSWORD: organization-specific



YOUR FIRST RESPONDER ASSISTANCE PROGRAM ALWAYS AVAILABLE | FREE | CONFIDENTIAL