

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!

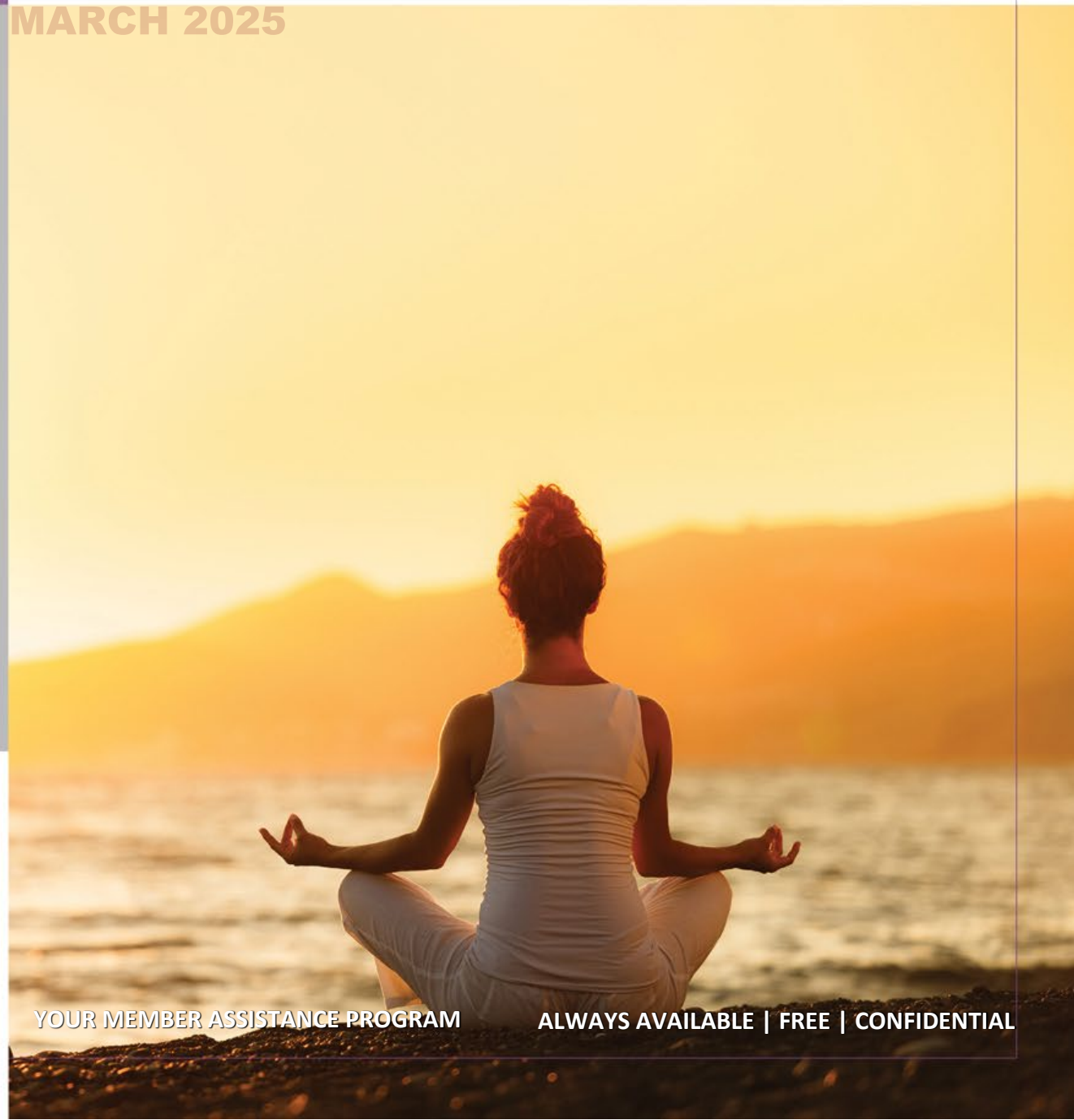
## LET US HELP

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](https://mygroup.com) > Current Participants > Resources > Access Work-Life Services

**USERNAME:** organization-specific

**PASSWORD:** organization-specific



YOUR MEMBER ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL