

WELCOME BUNDLE

6 Daily Habits to Protect & Promote Mental Health

The Six Daily Habits to Protect and Promote Mental Health was designed to provide all employees with a mental fitness starter package to begin their journey in developing their own mental fitness. Each of the six micro-skills, when developed, can protect and promote your mental health.

- Watch the [Mental Fitness Starter Pack](#) introductory video.
- Complete the two following quick screens to evaluate your degree of Languishing Vs. Flourishing:
 - [Flourishing Quick Survey](#)
 - [Unlocking Languishing Anchors](#)
- Review the [Six Daily Habits to Protect & Promote Mental Health](#) PDF.

