## Stand-Alone Email

**\*\*Please note: *YourCustomMindWellLink*** looks like “app.mindwellu.com/**customURL**”

**Subject:** September at MindWell

Dear \_\_\_\_\_\_,

Our mood is shaped by many factors, some obvious, others more surprising. One you might not expect? Posture.

How you sit and carry yourself can directly affect your energy, confidence, and emotional state.

That’s why, after a successful debut, Posture & Pilates is back in September as a weekly class, this time exploring how posture impacts mood and mental clarity.

You’ll also find new sessions focused on sleep, gratitude, and emotional awareness, all essential for cultivating a stable, balanced mood, and strengthening your emotional health.

Here’s what’s coming next month:

* **New:** Deeper Sleep: EFT Tapping for Rest and Recovery
* Using Gratitude to Break the Stress Hook
* **New:** How Posture Impacts Mood (*Now Weekly)*
* From Reactivity to Response: Navigating Emotions

Learn more about these programs and sign up below.

**What’s on Offer?**

* **Deeper Sleep: EFT Tapping for Rest and Recovery**

Struggling with sleep or simply looking for deeper rest? This session uses EFT (Emotional Freedom Techniques) to help quiet the mind, release physical tension, and restore your body’s natural ability to relax.

Through gentle tapping on acupressure points, you'll clear the stress, frustration, and mental noise that often disrupt sleep, while inviting in calm, safety, and ease.

No experience necessary. Just come as you are and give your nervous system the rest it deserves.

**One-time 45-minute session**

Tuesday, September 23 at 1pm ET / 10am PT

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/199]

* **How Posture Impacts Mood**

The way we hold ourselves physically can have a direct influence not only on our feelings, but on our thoughts and behaviours too. Changing our posture is a biohack we can use to change our mindset and boost our mood.

Julie Anderton will guide you through simple yet effective Pilates movement patterns that will stretch and strengthen muscles to help bring your posture into its ideal alignment, enhancing both physical and emotional well-being. A routine you can practice at your desk and anywhere.

*\*New Thursday Class Starting in September*

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/204]

* **Using Gratitude to Break the Stress Hook**

Ever feel like you're stuck in a cycle of stress without even realizing it?

This class explores how stress quietly takes hold, and how gratitude can be a powerful tool to shift your mindset. With practical techniques and a mindful approach, you’ll learn to create more emotional balance and ease in your daily life.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

* **From Reactivity to Response: Navigating Emotions**

This class offers practical tools to recognize emotional patterns, stay grounded in moments of stress, and respond more skillfully. You'll gain insight into how emotional awareness supports healthier relationships and a calmer inner world.

Learn how to reduce fear of failure, build stronger connections, and empower your team to perform at their best.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

Learn more about these programs and other MindWell offerings this September by logging into *Live Classes*>>>

[Hyperlink: YourCustomMindWellLink/liveclasses]

Don’t yet have an account? Sign up here >>>

[Hyperlink: YourCustomMindWellLink]

CTA: Log In Now

More new programs will be updated soon. Stay Tuned!

\*\*MindWell is a service provided to you by \_\_\_*(insert your company name here)\_\_\_.* If you don’t yet have an account, sign up for free here: \_\_\_\_\_\_(link)\_\_\_\_\_\_\_\_\_\_ \*\*

[Hyperlink: YourCustomMindWellLink]

## Shorter Text

(to Add to Email or Use on Intranet)

(or use image included below)

**September at MindWell**

Improve your well-being with MindWell’s programs and classes.

**Deeper Sleep: EFT Tapping for Rest and Recovery**

Practice gentle tapping on acupressure points that will help you release stress and quiet the mind, supporting deeper, more restful sleep. No previous experience needed.

**How Posture Impacts Mood**

Practice simple yet effective Pilates movement patterns that will stretch and strengthen muscles, bringing your posture into its ideal alignment, enhancing both physical and emotional well-being.

**Using Gratitude to Break the Stress Hook**

Ever feel caught in a loop of stress? This session explores how stress can quietly take hold, and how practicing gratitude can help interrupt that cycle, shifting your mindset toward calm and clarity.

**From Reactivity to Response: Navigating Emotions**

Access practical tools to recognize emotional patterns, stay grounded in moments of stress, and respond more skillfully.

Sign up for these programs by logging into your MindWell account.

[Hyperlink: YourCustomMindWellLink/[vueLogin](https://app.mindwellu.com/vueLogin)]

Don’t have an account? Sign up today.

[Hyperlink: YourCustomMindWellLink]