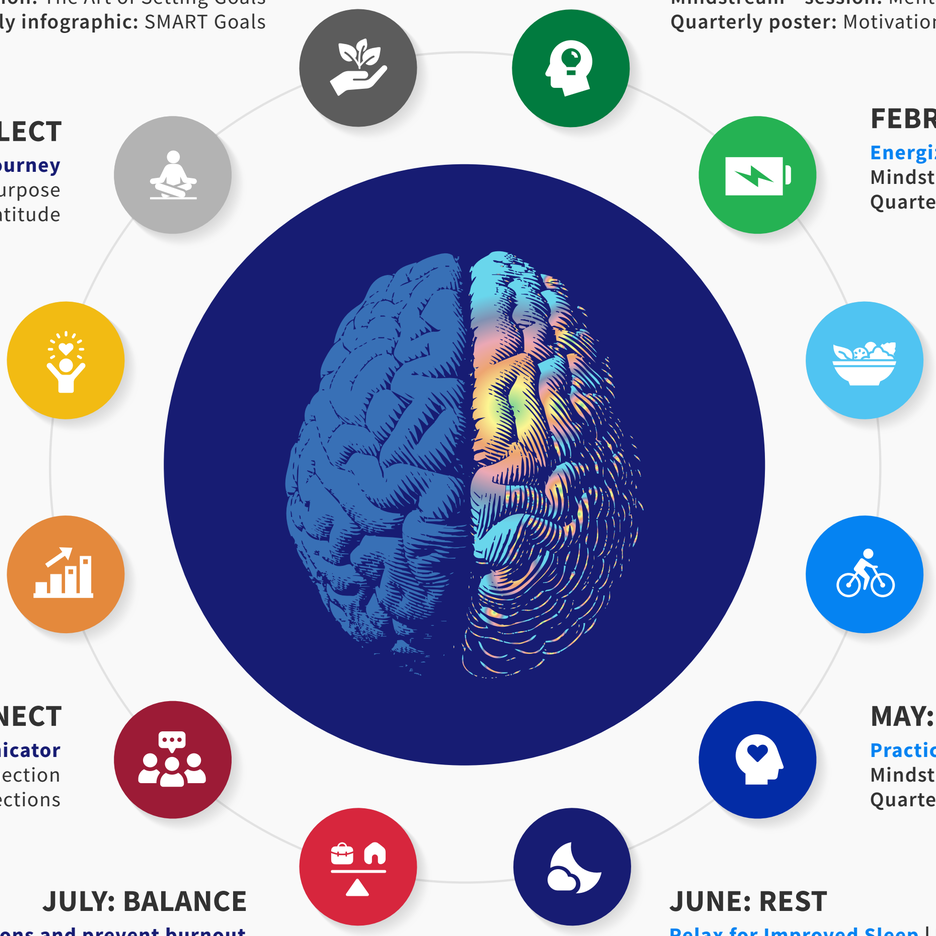
2025 Promotional Calendar



JANUARY: PLAN

Start Your Mental Health Journey | Take the first steps toward prioritizing your mental health
Mindstream™ session: Mental Health Basics
Quarterly poster: Motivation

FEBRUARY: RECHARGE

Energize Your Daily Life | Improve motivation for work, hobbies, family and more
Mindstream™ session: Tips To Boost Your Energy
Quarterly animated video: Meditation Toolkit

MARCH: NOURISH

Fuel Your Mind and Body | Healthy eating for your mental health
Mindstream™ session: Using Diet To Boost Your Mental Health
Quarterly infographic: Healthy Foods for a Healthy Brain

APRIL: MOVE

Stay Active for Your Wellbeing | Tips for adding more movement into your life
Mindstream™ session: The Connection Between Physical and Emotional Health
Quarterly poster: Wellbeing

MAY: CARE

Practice Self-Care Strategies | Simple ways to incorporate self-care
Mindstream™ session: Caring for Yourself
Quarterly animated video: Self-Care 101

JUNE: REST

Relax for Improved Sleep | Relaxation techniques to help you rest easy
Mindstream™ session: Sleep and Mental Health
Quarterly infographic: 10 Tips for Better Sleep

JULY: BALANCE

Achieve a Healthy Balance | Manage obligations and prevent burnout
Mindstream™ session: Playing Multiple Roles and Their Impact
Quarterly poster: Work-Life Balance

AUGUST: CONNECT

Improve Communication Skills | Become a more effective communicator
Mindstream™ session: The Power of Social Connection
Quarterly animated video: Building Better Connections

SEPTEMBER: FOCUS

Boost Your Productivity | Stay focused and achieve more
Mindstream™ session: Dealing with Distractions
Quarterly infographic: 12 Days of Productivity

OCTOBER: THRIVE

Reduce Stress for a Happier You | Discover stress-reducing tips and tools
Mindstream™ session: Resetting in Times of Stress
Quarterly poster: Stress

NOVEMBER: REFLECT

Learn Through Self-Reflection | Build self-awareness and reflect on your journey
Mindstream™ session: Living With Purpose
Quarterly animated video: Practicing Gratitude

DECEMBER: GROW

Set Goals for Self-Improvement | Helpful goal-setting strategies for self-growth
Mindstream™ session: The Art of Setting Goals
Quarterly infographic: SMART Goals

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