

07 July 2025

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EFR EMPLOYEE & FAMILY RESOURCES

Open Your Heart

Tap into your heart by connecting with yourself and others. The heart is deeply connected to your emotional health. See how these five heart-healthy activities enhance your overall wellbeing.

- **Strengthen your social connections.** Reach out to a family member, friend, or colleague to check-in and schedule time to connect in person.
- **Express Gratitude.** Brighten your outlook with a quick listing of the parts of your life you are grateful for or write a note to someone who has made a difference in your life.
- **Practice Mindfulness.** Tune in to your body using your breath. Take time to smell the roses. Turn off the noise around you and be present.
- **Forgive.** Identify a person (it could be you!) that you choose to forgive. Find peace with the past and look forward to the future.
- **Acknowledge Loss.** Tune in to your feelings as it relates to loss – the death of a loved one, change in relationship or job, or passage of a life stage.

If you are looking to connect with others who have similar life experiences, consider joining Togetherall, a peer support platform where you can give or get support. Scan below to join!

