



Helpful Resources

Click [here](#) to access the 2021 calendar for your region and get a look ahead to a full year of themed content.

Check out [Workplace Learning Solutions](#) to help support you with training during the COVID-19 pandemic.

Join the [Heartbeat Webinar Series](#) for this month's topic — [The Power of Connection: Enhancing the Social Health of Your Organization and Your People](#), Wednesday, Feb 17, 2:00 pm EST. Also available to view anytime beginning on Feb 18.

Connecting Physical and Mental Health

Physical and mental health are intertwined, and research shows that taking care of your physical wellbeing can have a big impact on stress and anxiety. Let us show you ways to boost both your physical and mental health by building positive habits into your daily routine.

Health



Making the Connection: Tactics for a healthy mind and body

The mind and the body have a synergic connection. Here are some techniques and tactics that can help you live at your mental and physical best.

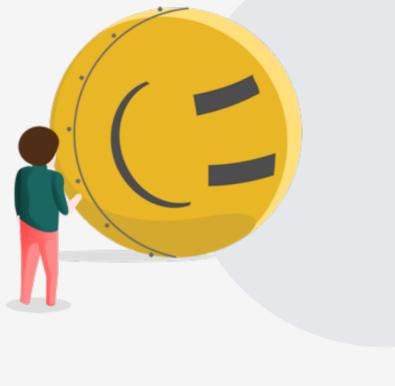
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Health

Understanding the Connection Between Positivity and Physical Health

Healthy and happy, happy and healthy—does one element of personal wellbeing come before the other?

[Read More](#)



People Leader's Corner



Promoting Good Mental and Physical Health in the Workplace

Now more than ever, employees are experiencing sedentary workdays. Our simple suggestions can help employees stay physically and mentally healthy.

[Read more](#)

Recommended for you

Video

Connecting Physical and Mental Health With Mindfulness

[Click here](#)



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