



# Delivering Your Self-Care Package







**Comic Strips:** Laugh your way to better mental health with humour and insightful life lessons



**Corporate Yoga Videos:** Reduce stress and improve flexibility from the comfort of your workspace







**Assessments:** Self-awareness is key. Identify your strengths and areas for growth with our assessments



**Blogs:** Gain knowledge and inspiration on maintaining overall well-being through our well-curated blogs







**Mental Health Toolkits:** Equip yourself with practical tools to manage stress, anxiety, and maintain emotional balance





**Case Studies:** Get insights from real-life stories of those who have overcome challenges



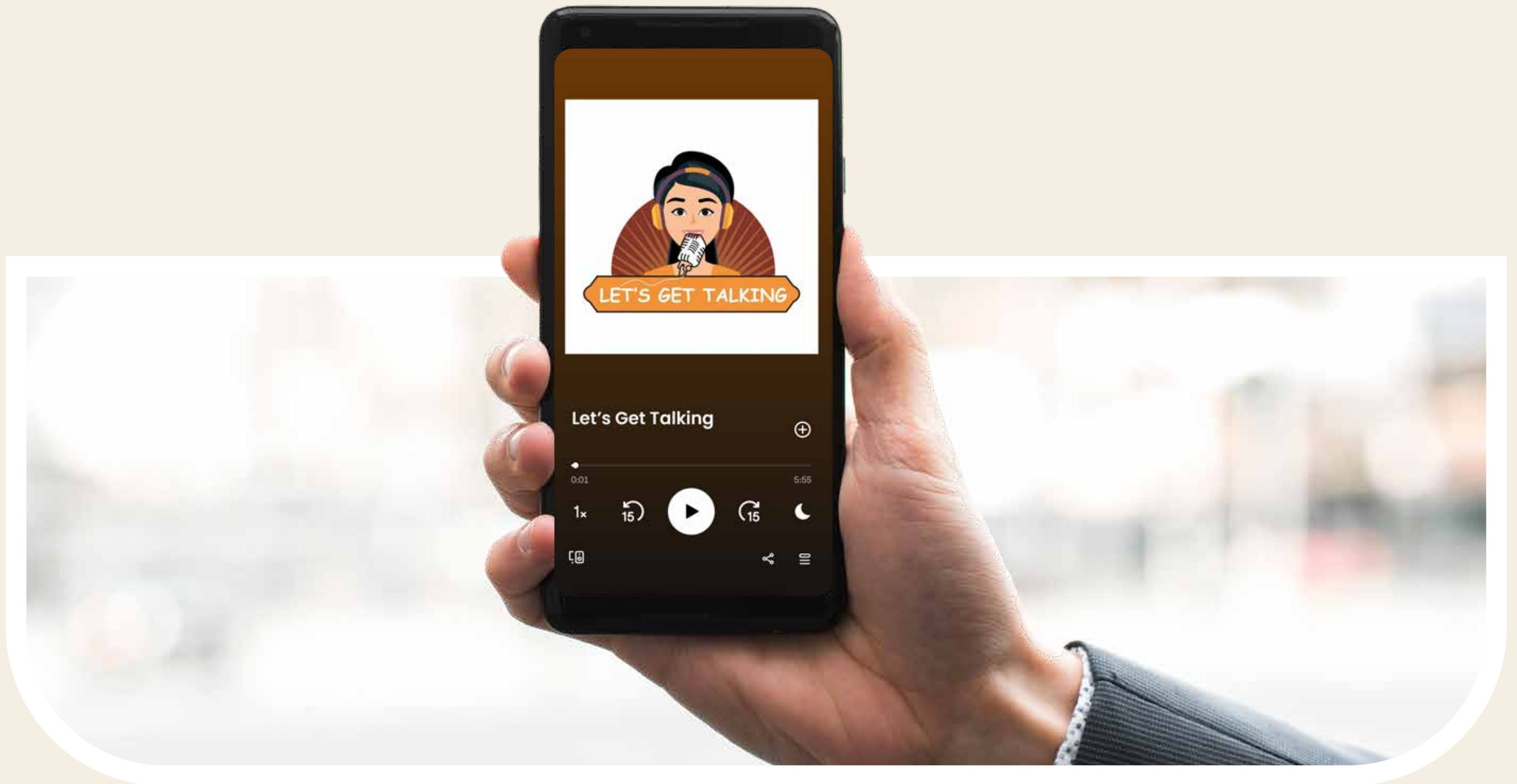




**Mindfulness Audio Tracks:** Find peace and reduce anxiety through guided mindfulness and meditation sessions







**Podcasts:** Get wellness insights from healing to personal growth on the go



