



More Good Days, *Together*

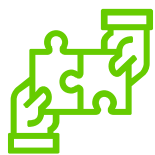
Your **well-being matters** more than you might realize, and even small choices can make a big difference. Taking time to **move your body, connect with others, practice mindfulness**, or simply **pause and breathe** can help you feel more grounded, focused, and energized. Every step counts toward **more good days**.

Caring for Your Whole Self



Your mental and physical health are inseparable, and taking care of both is key to feeling your best. Even small, intentional actions, like staying hydrated, getting moving or connecting with others can make a big impact on your energy, focus and mood every day.

Building Connection and Support



You don't have to do this alone. Reaching out to friends, family or colleagues, even for a quick check-in can boost your resilience and lighten your load. Every conversation, laugh or shared moment strengthens bonds and makes more good days possible for everyone.

Finding Your Unique Path



Mental health is personal, and there's no one right way to care for yourself. Explore what energizes you, whether it's therapy, creative outlets, community support or movement. Finding what works for you helps you handle challenges and create more good days, together.



Scan the QR code to access our **2026 Mental Health Awareness Month QuickClip**. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.