



## 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](#), Tuesday, Feb 16, 2:00 pm EST. Also available to view anytime beginning on Feb 17.

## 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

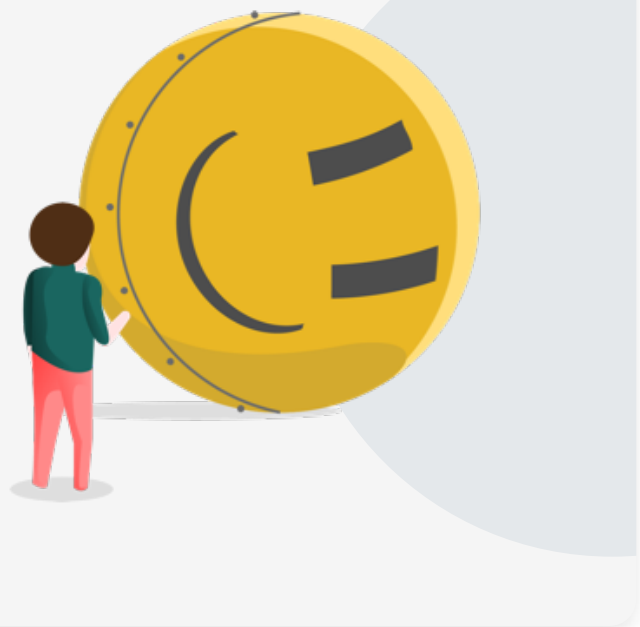
The mind and the body have a synergic connection. Here are some techniques and tactics that can help you live at your mental and physical best.

[Read More](#)

### 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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895 Don Mills Road, Tower One, Suite 700  
Toronto, ON M3C 1W3

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