2025 Promotional Calendar

DECEMBER: GROW

Set Goals for Self-Improvement | Helpful goal-setting strategies for self-growth **Mindstream[™] session:** The Art of Setting Goals

Quarterly infographic: SMART Goals

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NOVEMBER: REFLECT

Learn Through Self-Reflection | Build self-awareness and reflect on your journey **Mindstream[™] session:** Living With Purpose Quarterly animated video: Practicing Gratitude

OCTOBER: THRIVE

Reduce Stress for a Happier You | Discover stress-reducing tips and tools Mindstream[™] session: Resetting in Times of Stress **Quarterly poster:** Stress

SEPTEMBER: FOCUS

Boost Your Productivity | Stay focused and achieve more Mindstream[™] session: Dealing with Distractions **Quarterly infographic:** 12 Days of Productivity

AUGUST: CONNECT

Improve Communication Skills | Become a more effective communicator Mindstream[™] session: The Power of Social Connection Quarterly animated video: Building Better Connections

JULY: BALANCE

Achieve a Healthy Balance | Manage obligations and prevent burnout

Mindstream[™] session: Playing Multiple Roles and Their Impact **Quarterly poster:** Work-Life Balance

JANUARY: PLAN

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Start Your Mental Health Journey | Take the first steps toward prioritizing your mental health Mindstream™ session: Mental Health Basics Quarterly poster: Motivation

FEBRUARY: RECHARGE

Energize Your Daily Life | Improve motivation for work, hobbies, family and more Mindstream[™] session: Tips To Boost Your Energy Quarterly animated video: Meditation Toolkit

MARCH: NOURISH

Fuel Your Mind and Body | Healthy eating for your mental health Mindstream[™] session: Using Diet To Boost Your Mental Health **Quarterly infographic:** Healthy Foods for a Healthy Brain

APRIL: MOVE

Stay Active for Your Wellbeing | Tips for adding more movement into your life Mindstream[™] session: The Connection Between Physical and Emotional Health Quarterly poster: Wellbeing

MAY: CARE

Practice Self-Care Strategies | Simple ways to incorporate self-care Mindstream[™] session: Caring for Yourself Quarterly animated video: Self-Care 101



JUNE: REST

Relax for Improved Sleep | Relaxation techniques to help you rest easy Mindstream[™] session: Sleep and Mental Health **Quarterly infographic:** 10 Tips for Better Sleep



