# **2025 Promotional Calendar**

### **DECEMBER: GROW**

#### Set Goals for Self-Improvement | Helpful goal-setting strategies for self-growth **Mindstream<sup>™</sup> 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<sup>™</sup> session:** Living With Purpose Quarterly animated video: Practicing Gratitude

### **OCTOBER: THRIVE**

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

#### **SEPTEMBER: FOCUS**

**Boost Your Productivity | Stay focused and achieve more** Mindstream<sup>™</sup> session: Dealing with Distractions **Quarterly infographic:** 12 Days of Productivity

# **AUGUST: CONNECT**

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

## **JULY: BALANCE**

Achieve a Healthy Balance | Manage obligations and prevent burnout

Mindstream<sup>™</sup> 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<sup>™</sup> 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<sup>™</sup> 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<sup>™</sup> session: The Connection Between Physical and Emotional Health Quarterly poster: Wellbeing

# **MAY: CARE**

**Practice Self-Care Strategies | Simple ways to incorporate self-care** Mindstream<sup>™</sup> session: Caring for Yourself Quarterly animated video: Self-Care 101



# **JUNE: REST**

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



