

To whom it may concern,

As you all know, Mental Health issues are one of the leading concerns in the country. With COVID, and how it has impacted everyone's mental health, work stress, home and family stress to Military Veterans that have come home with mental health issues and everything in between mental issue is a huge issue. I need you all to take time and understand the following. Mental health and understanding your own mental health is a big part of success for all of us. The first steps toward understanding your own mental health we all need to take is writing for our wellness. Wellness writing is known to be one of the best and simplest ways to get your mental health on the right path or at least acknowledging your mental health status. Journal writing is known to help mental health but did you know it also impacts physical health? After lots of research people have found that it can even lower blood pressure and stress. Those two things can be major benefits to your overall health. The more you take care of yourself the better you will perform and do better for the company. I need you all to take the look at these few links and start your wellness writing by Monday.

- <https://intermountainhealthcare.org/blogs/topics/live-well/2018/07/5-powerful-health-benefits-of-journaling/?msclkid=c93ab968d0bd11ec9ac1db17003e3a1d>
- <https://www.shape.com/lifestyle/mind-and-body/mental-health/benefits-of-journaling?msclkid=58e89310d0bf11ecb6210db92f752c15>
- <https://www.hncsupport.org/the-benefits-of-journaling/?msclkid=c93b6f2dd0bd11ec8402051955a5f7be>
- <https://www.healthline.com/health/benefits-of-journaling?msclkid=c93808fed0bd11ecb30cd3a0712b86ec#self-discovery>

