



American  
Heart  
Association.

**RWJBarnabas**  
HEALTH

Dear Friends.

Caring for yourself. Mental health affects how we think, feel and act. Together we can keep our minds and bodies healthy during these stressful times with meditation, good sleep, physical activity, mindful eating, and more.

RWJBarnabas Health and the American Heart Association are pleased to share with you this mental well-being resource toolkit and resource blog. Review the resources and take an active role in using and sharing the resources with coworkers, family, friends and others in your life.

Mental health includes our emotional, psychological, and social well-being. Our mental health also helps us to determine how we handle stress, relate to others, and make choices. It's as much about protecting the futures of everyone you love and care for as it is supporting and working on your own personal well-being.

This mental well-being resource toolkit and blog are free and always available to you. You'll find supporting resources, infographics, tips, backgrounders and much more covering sleep health, stress, pets and well-being, healthy living and mental well-being, mindfulness and more. Find additional resources and learn more by visiting [www.heart.org/mentalhealth](http://www.heart.org/mentalhealth)

Let's Find Our Fierce! Keep your mind and body fit. Thank you for using and sharing these resources.

Sincerely,

RWJBarnabas Health  
& The American Heart Association

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