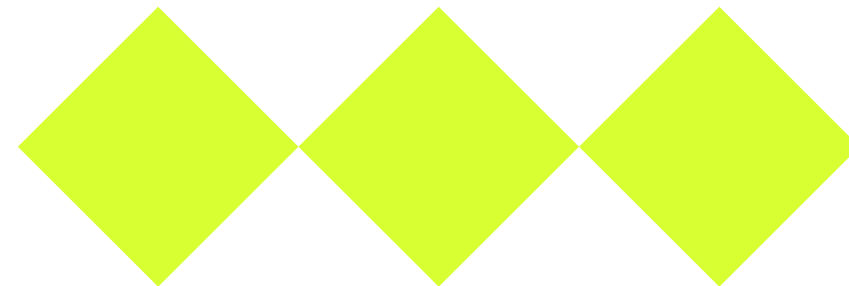
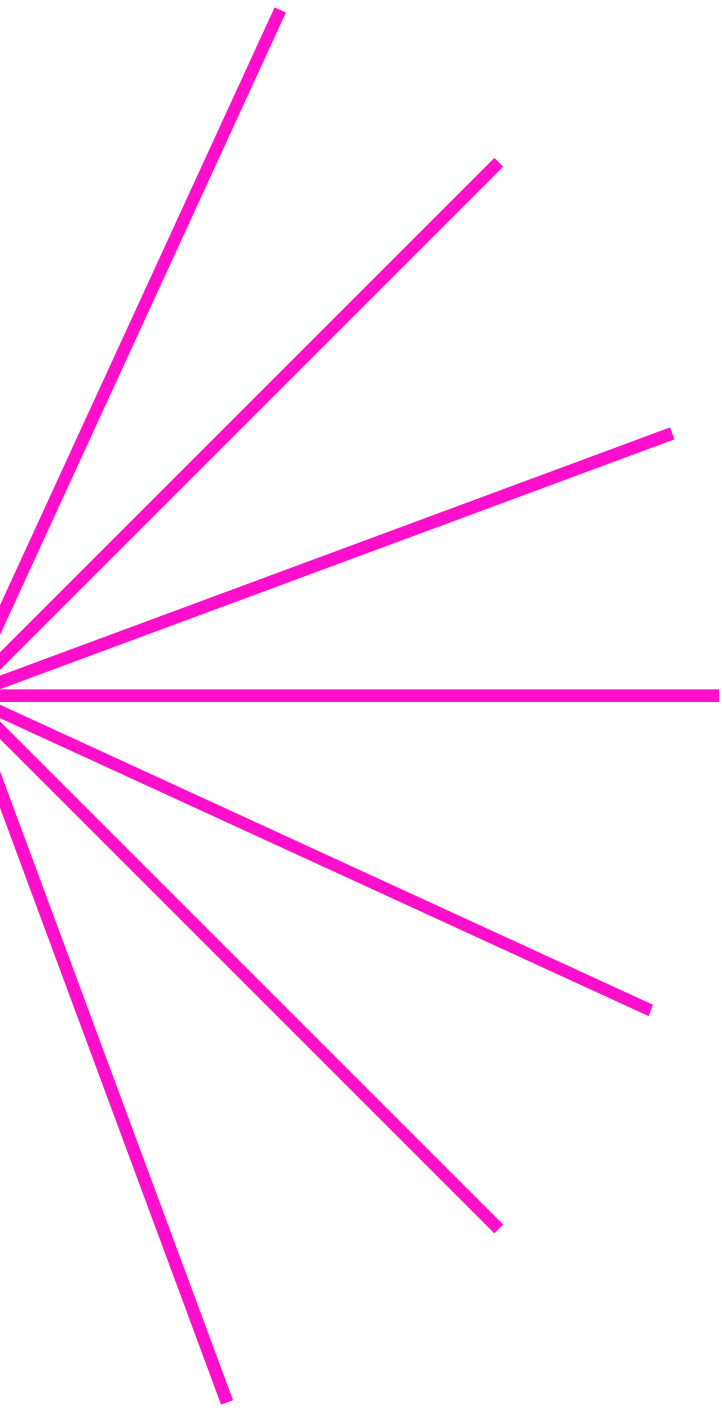


Bloom TV Show

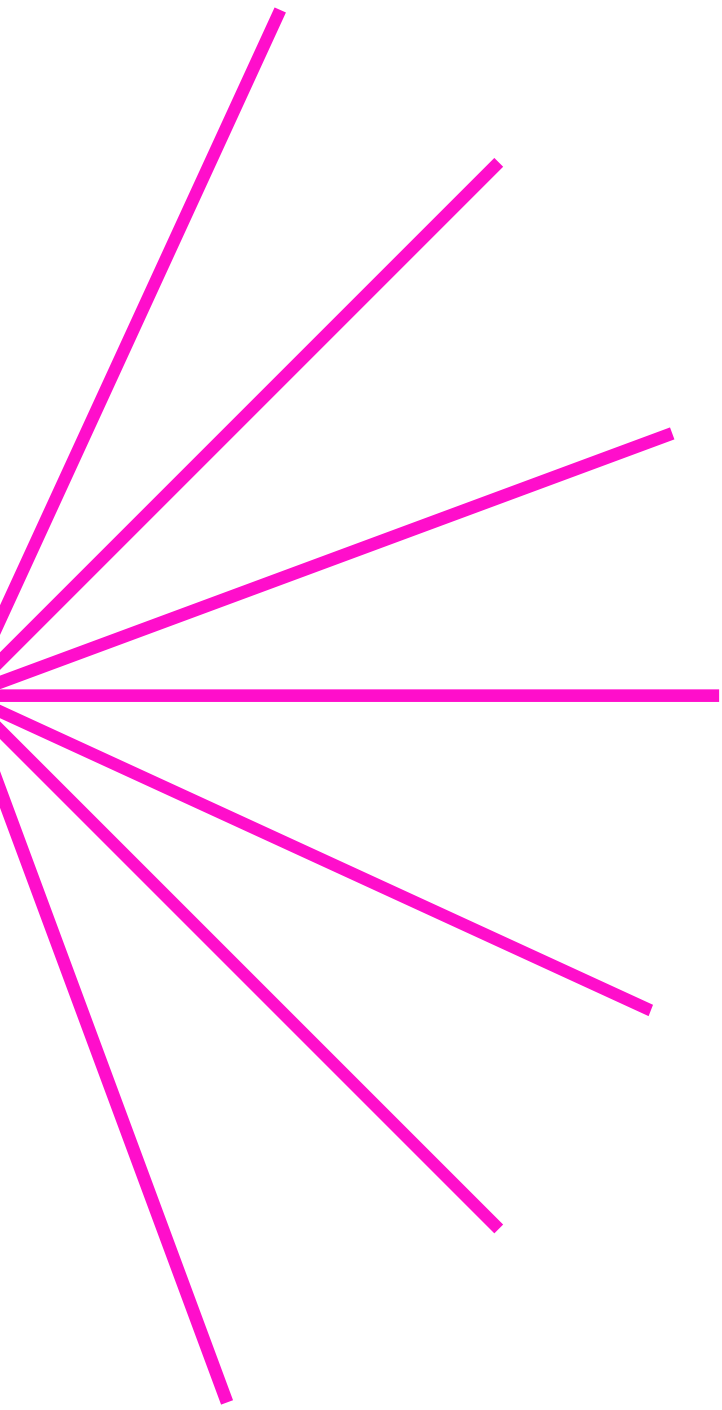
SELF-CARE TIPS FOR EMPLOYEE WELLBEING

ANASTASIA TURCHETTA





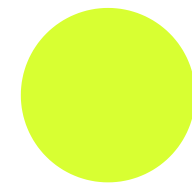
3x as many Americans met the criteria for a depression diagnosis during the pandemic than before it



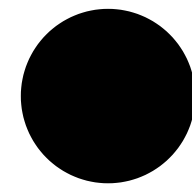
We spend approximately
1/3 of our lives at work.

DAILY STRESS

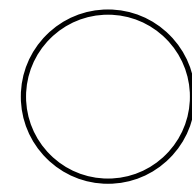
It is important to recognize some of the daily stressors that employees experience. We know that stress impacts our physical & emotional health. It also effects us at our workplace.



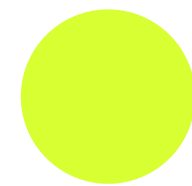
FEELINGS OF ISOLATION & LONELINESS



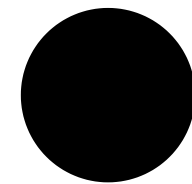
CANCELLATION OF EVENTS



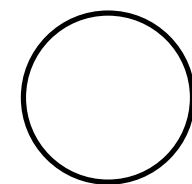
SUPPLY CHAIN ANXIETY



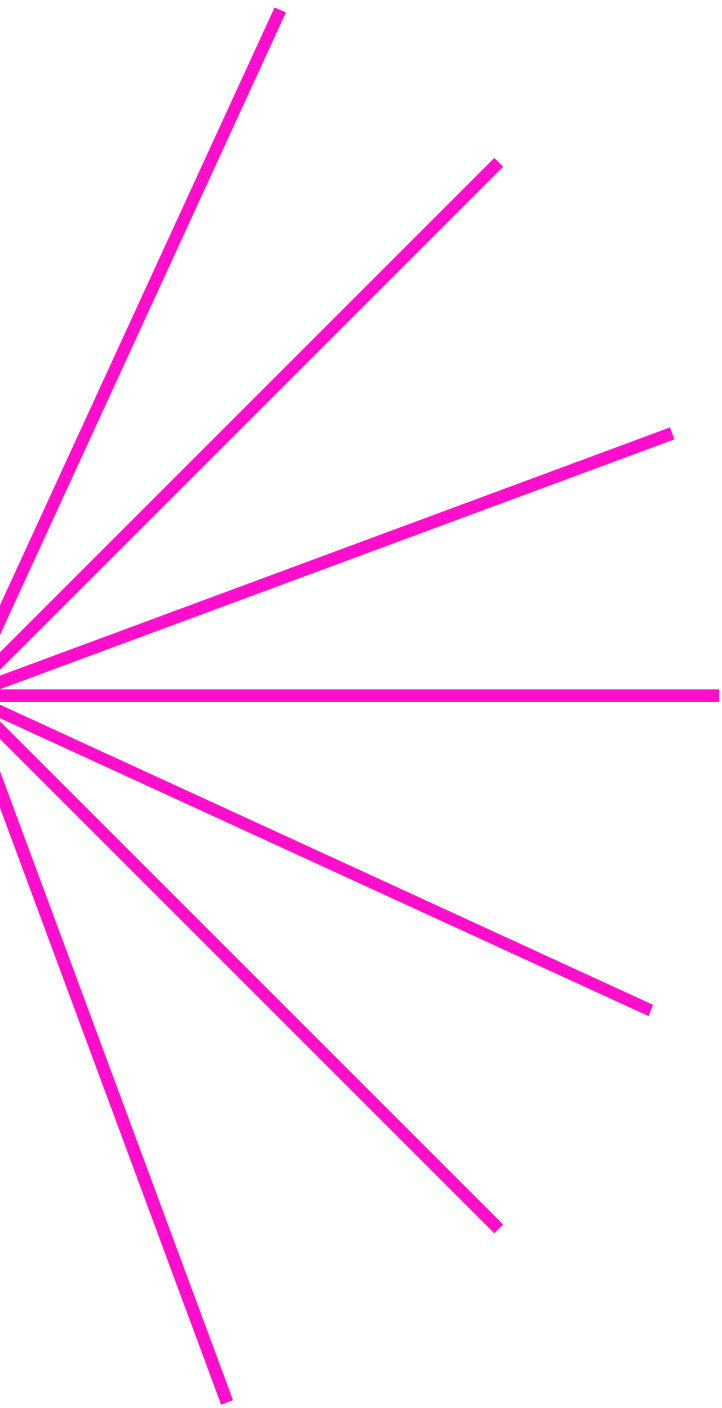
DOMESTIC VIOLENCE



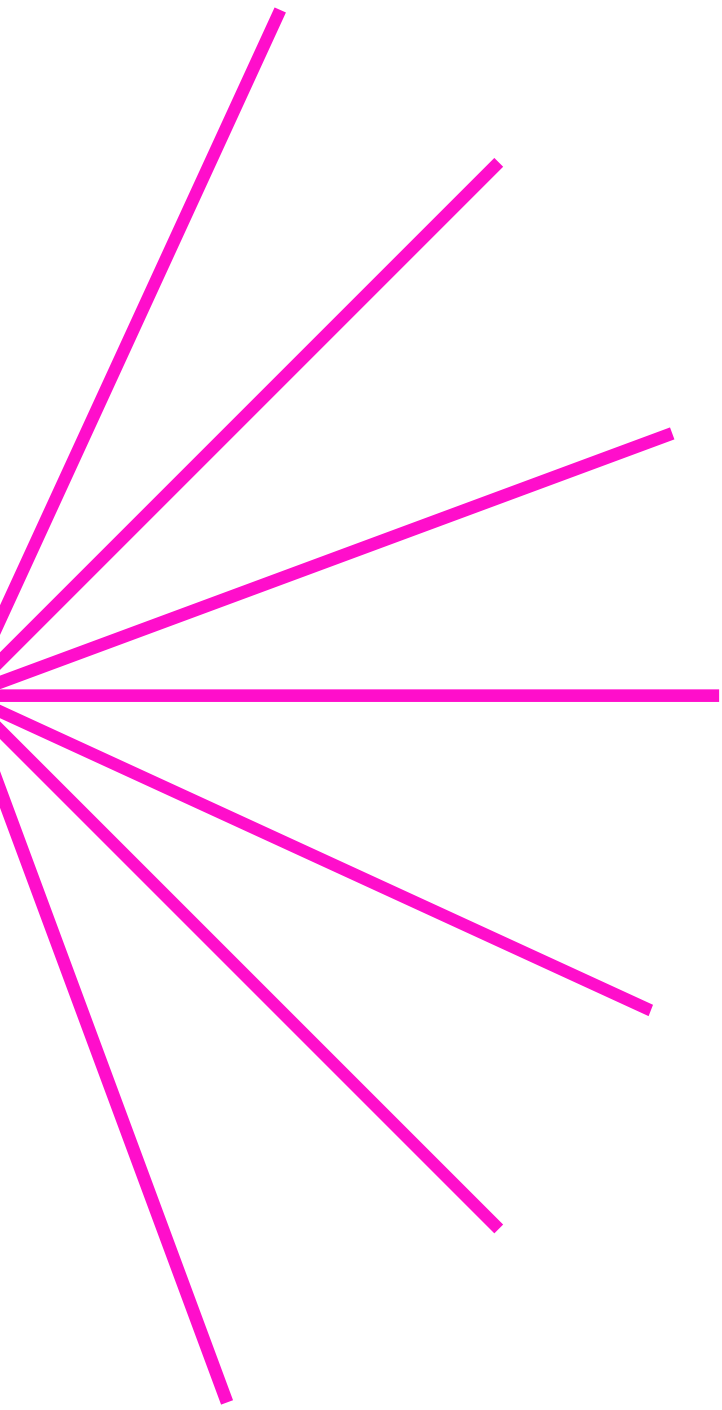
FINANCIAL STABILITY



INSOMNIA



Mindfulness apps proven to help decrease stress, reduce workplace burnout, increase focus, compassion & happiness.



This is no “I” in team
because
it’s in Mindfulness

Anastasia Turchetta

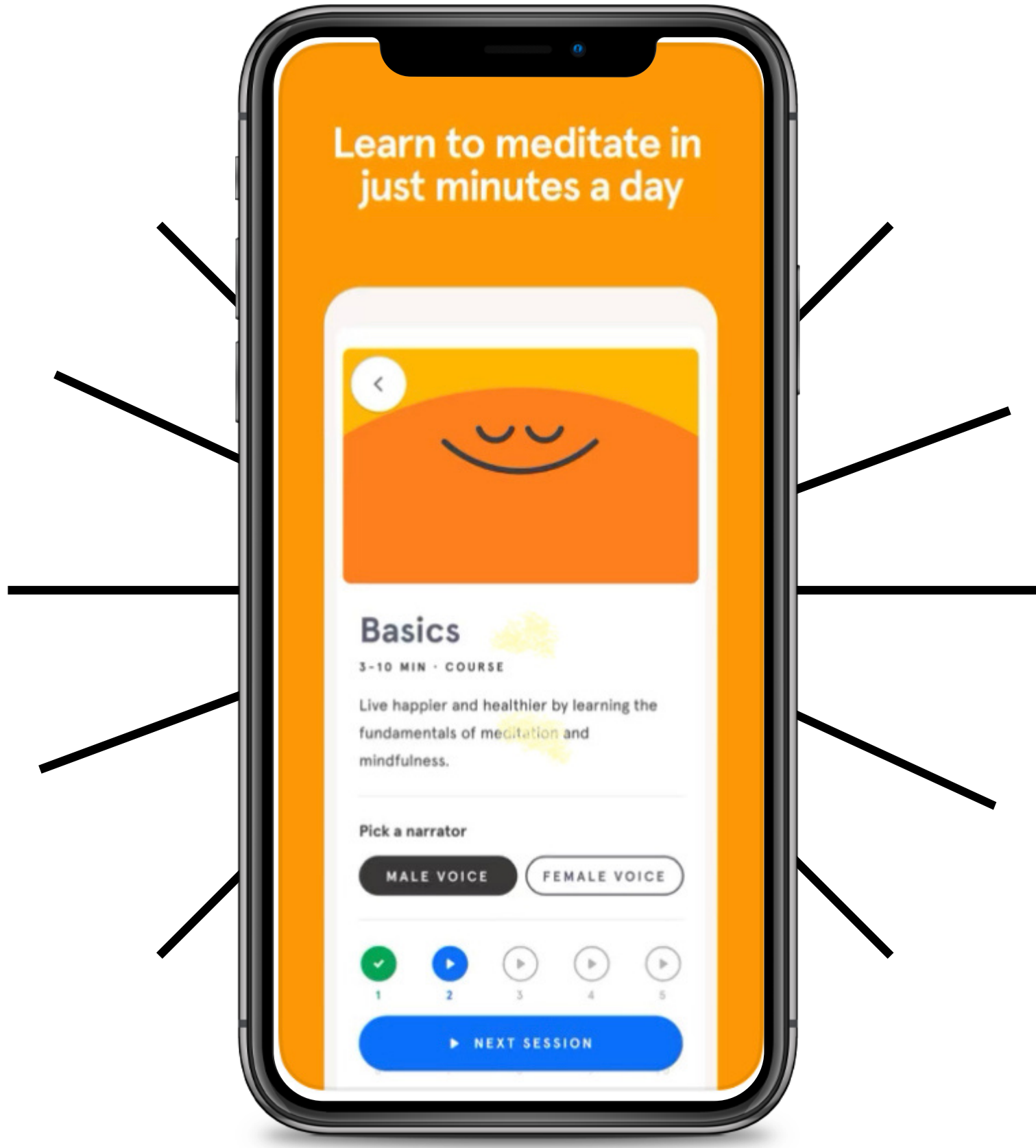
HEADSPACE

Meditation & Mindfulness

Memberships for Businesses or Individuals

Memberships May Be Lower or FREE during COVID

Social Platforms & Blogs Have FREE Information + Activities to Engage With



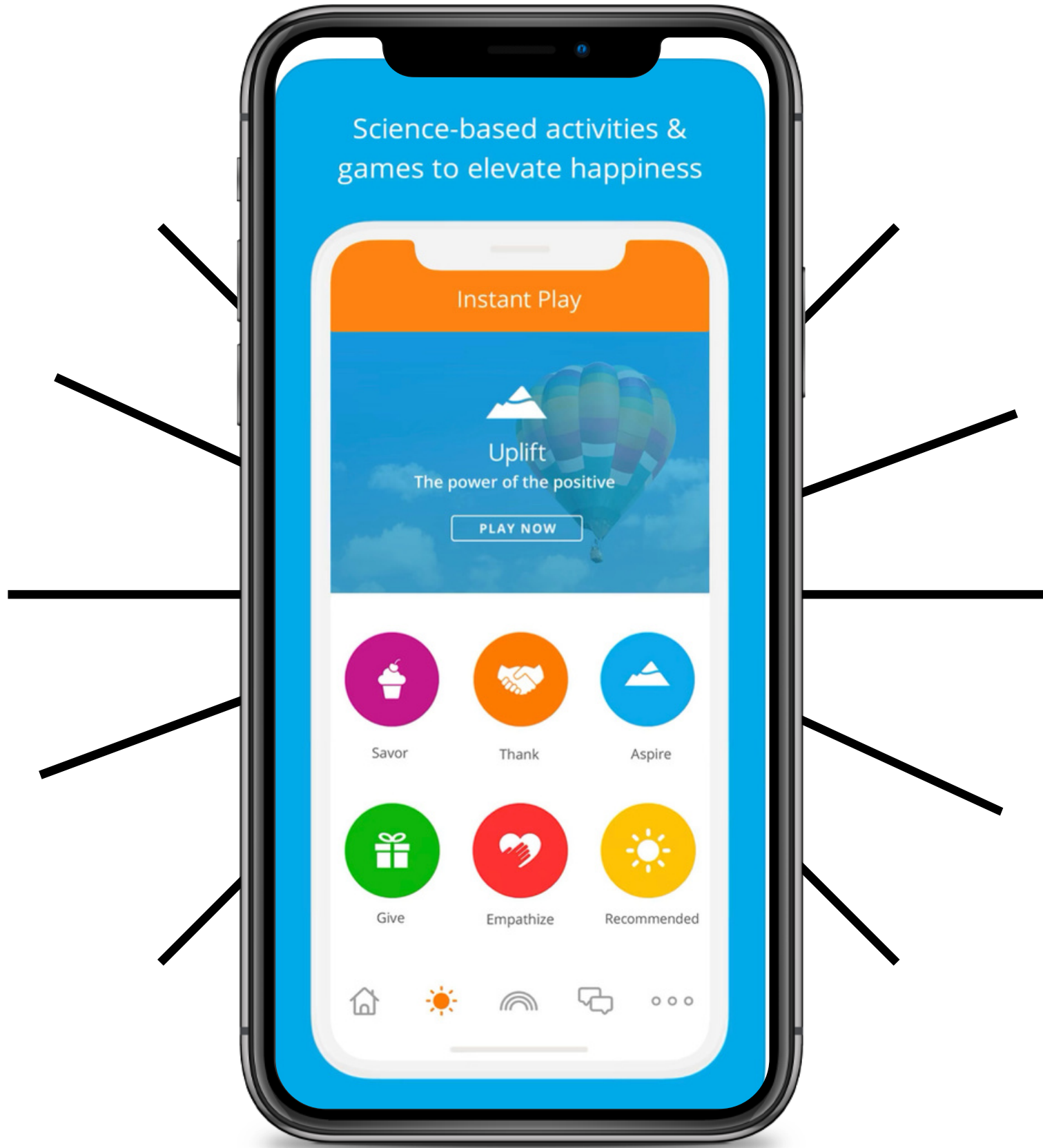
HAPPIFY

Blends Activities & Gaming For Mindfulness & Resilience

Memberships for Businesses or Individuals

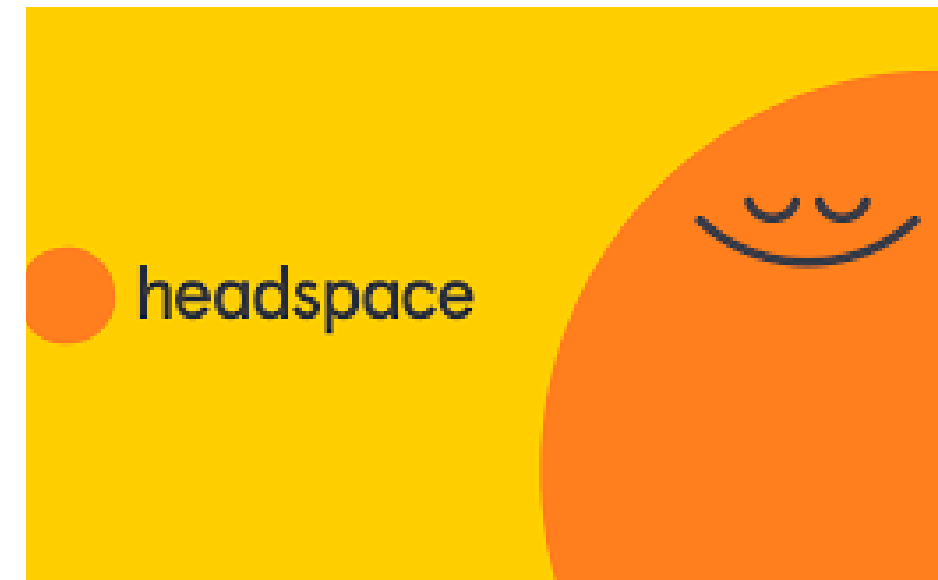
Memberships May Be Lower or FREE during COVID

Social Platforms & Blogs Have FREE Information + Activities to Engage With



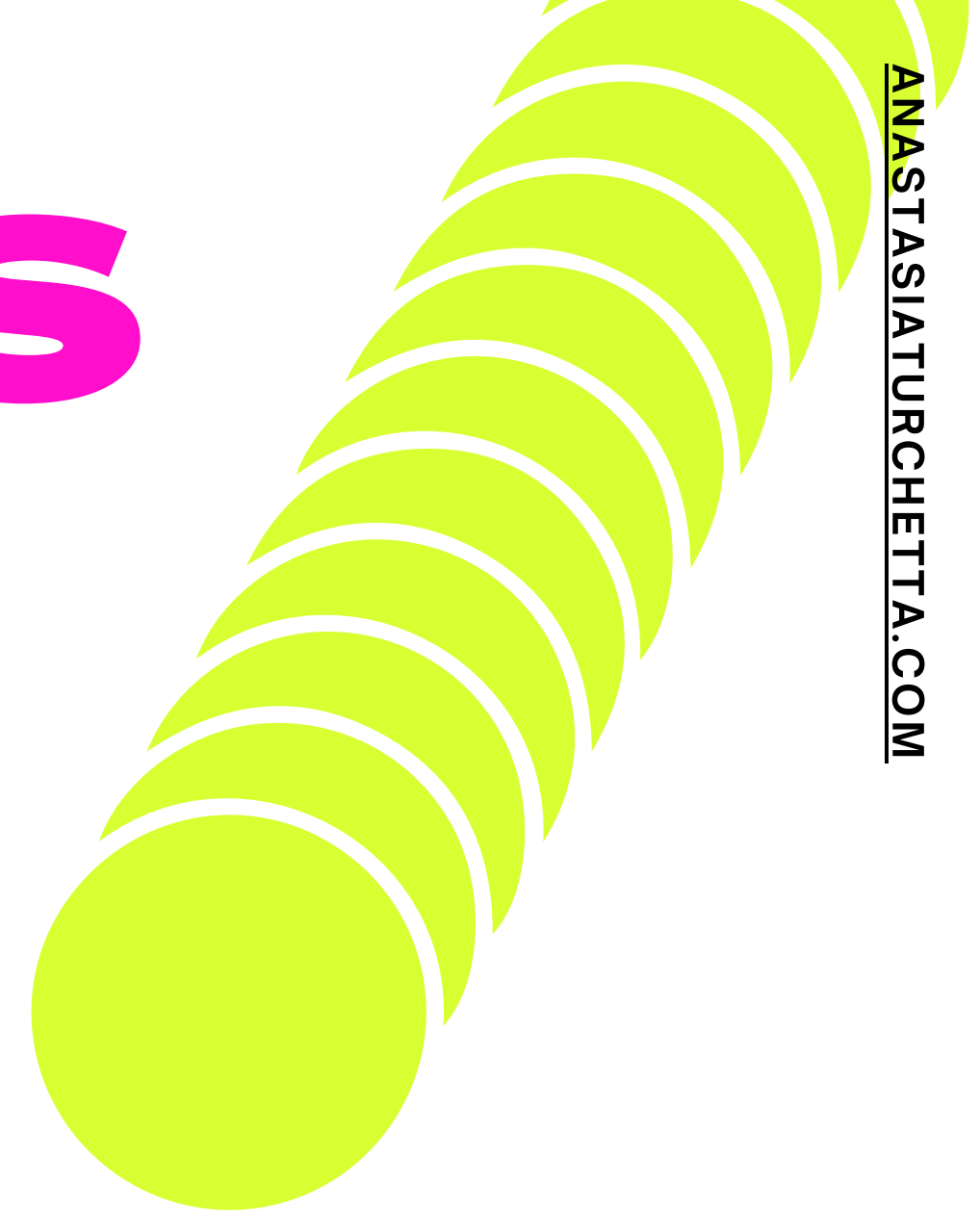
Realistic Goals Can Be Accomplished At Work

Time Efficient + Task Oriented Mindfulness Activities
Self-Care in 10 Minutes Completed During Lunch or a Break



MINDFULNESS

Anastasia
Turchetta



HARVARD STUDY

Mindfulness can have a longer-lasting effect on reducing stress levels than a vacation.

How will it help you at work?

Mindfulness improves focus, increases compassion, which builds better relationships with co-workers, teams are more engaged, more productive, creative, experience job satisfaction, & sleep better!

