



October is Emotional Wellness Month

New live breaks to explore!

Move



Cubicle Cardio: Halloween Edition

Spooky moves to boost energy and shake off the slump.



Energize Your Mood

Feel-good movement to lift energy and reset your vibe.



Emotional Release Meditation

Breathe out tension, breathe in calm.



Mood Shift

Simple tools to reset stress and feel lighter fast.

Breathe

Stretch



Spooky Stretch

Fun, feel-good stretches with a Halloween twist.



Release and Receive Flow

Stretch away stress and welcome fresh energy.



10-Minute Spooky Season Trivia

Quick-fire trivia for fun, laughs, and brain power.



Move Through Your Emotions

Discover how movement helps you handle overwhelm.

Learn

Eat Well



Mood-Boosting Meals

Foods that bring comfort and steady your mood.



Potions & Brews for Energy + Focus

Hydration hacks with a magical twist



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