

6 PILLARS FOR EMOTIONAL WELLBEING

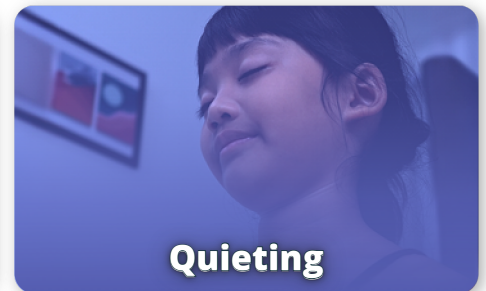
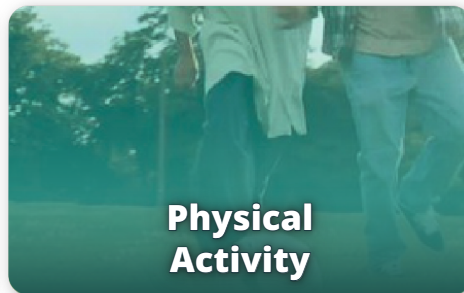
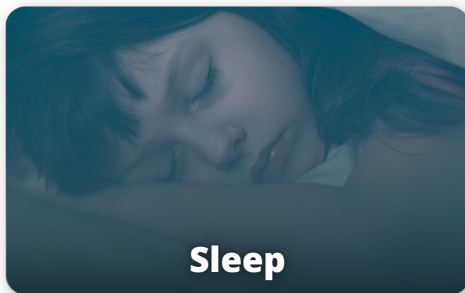
Wellbeing is built in **everyday moments.**

Emotional wellbeing grows from the small, everyday things we do. The 6 Pillars are areas of daily life where small actions each day can help you feel better, manage stress, and stay connected.

It's a resource created for our community, by our community.

Explore all six. Learn how they support your wellbeing.

Every pillar has a short video with local and national experts and a dedicated page of tools, articles, and activities to try.



Take one small step today

START HERE. START FREE.

MyHealthyMind.com is a free platform with trusted, evidence-backed wellbeing resources in formats that fit how you learn. Explore anonymously with no sign-up required or create a free account to save resources and get personalized recommendations.

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