Allina Health Script

The health and wellness team at Allina took a survey to understand the mental health promotion needs of their employees.

They found that time was the biggest barrier to doing things that helped their mental health.

They found that moving your body, calling friends and getting good sleep were what helped improve mental health.

All of the top things that people said helped their mental health BetterYou can help accomplish- 1) getting more time, 2) help provide accountability and tracking to get more steps, go to the gym, call loved ones and getting more sleep!

Are you interested in helping remove barriers to pursuing better mental health at your organization?