

## **WELLNESS EMAIL TEMPLATE**

Email Subject Line: Prioritizing Mental Health In Our Lives

Dear [Team/Club Members],

I want to take a moment to talk about something that matters deeply to me—not just as a [business owner/manager/executive director/club president], but as someone who values each of you as individuals: your mental health.

The demands of both [work/volunteering/club member] and home life can sometimes feel overwhelming, and it's important to recognize that taking care of your mental well-being is just as essential as your physical health. When we feel supported and balanced, we're better equipped to handle challenges, support one another, and do our best [work/volunteering].

I encourage you to make time for self-care in whatever way works best for you—whether that's taking breaks when needed, setting boundaries, staying active, or simply checking in with yourself regularly.

To support you, I'd like to share a resource that offers free self-care toolkits and practical strategies for maintaining mental wellness: [www.rotary4mentalwellness.org](http://www.rotary4mentalwellness.org)

This platform provides helpful tools and guidance that you can explore at your own pace, whether you're looking for ways to manage stress, build healthy habits, or improve your overall well-being. Free toolkits can be downloaded without providing your name and email address. Toolkits cover various topics ranging from youth to seniors. Everyone can benefit from the self-care toolkits. Support for individuals, family and friends.

Please remember that it's okay to ask for help and to take time for yourself. Supporting your mental health is not only important—it's necessary.

Thank you for everything you do each day. Let's continue to look out for ourselves and each other.

Sincerely,

[Your Name]

[Your title]

[Company name/organization name/club name]

[Contact information]