



Mosaic Counseling
Employee Assistance Program

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MOSAIC MENTAL HEALTH TIPS

THE OFFICIAL EAP NEWSLETTER FROM MOSAIC COUNSELING

10 Summer Activities That Promote Mental Wellness

Blog Post by: Reena Vanza
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<https://tinyurl.com/MMHT-Jul25>

Summer is the perfect season to embrace the outdoors, soak up the sunshine, and indulge in activities that promote mental wellness. Whether you're looking to unwind, stay active, or simply enjoy the beauty of nature, there are plenty of summer activities that can boost your mood and enhance your overall well-being. In the source material, the author explores "10 Summer Activities That Promote Mental Wellness", with those activities listed below. The linked article will provide you with tips on how to make the most of those summer days.



Images source: Canva.com

Top Summer Mental Wellness Activities

1. Hiking in Nature
2. Beach Day Relaxation
3. Gardening
4. Outdoor Yoga and Meditation
5. Cycling
6. Picnics with Loved Ones
7. Water Sports and Activities
8. Camping and Stargazing
9. Art and Craft Outdoors
10. Reading and Journaling in Nature

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At Mosaic Counseling, we're committed to helping you thrive, no matter the weather, at any time of the year. Through our Employee Assistance Program (EAP), you have access to a range of supportive resources and confidential counseling services designed to guide you through life's challenges and promote overall well-being. Reach out today to discover how we can support you on your journey.