**Employee Distribution Email Template:**

**April 2025**

Dear \_\_\_\_ Employee,

We know that everyone faces a range of challenges at work and at home. Now, more than ever, we urge you to make the most of the resources, tools and support provided by your ComPsych GuidanceResources program:

In an effort to bring greater attention to Autism Spectrum Disorder (ASD), including research into its causes, World Autism Awareness Day is held each April 2. Subsequently, World Autism Acceptance Month throughout April promotes the acceptance, understanding, and support of those with ASD, working towards a more inclusive society.

[World Autism Acceptance Month](https://www.compsych.com/wp-content/uploads/F_Q2_25_WorldAutismAcceptanceMonth.pdf)

[World Autism Awareness Day](https://www.compsych.com/wp-content/uploads/F_Q2_25_WorldAutismAwarenessDay.pdf)

Combat fatigue by prioritizing hydration, exercise, sleep, balanced snacks, and stress reduction, and utilizing EAP support for optimal well-being.

[Tips for Boosting Energy](https://www.compsych.com/wp-content/uploads/F_Q2_25_TipsForBoostingEnergy.pdf)

Learn the key strategies for optimal brain function, from diet and exercise to stress management and sleep, with the practical tips and resources linked below.

[Healthy Habits for a Healthy Brain](https://www.compsych.com/wp-content/uploads/Info_Q2_25_HealthyHabitsHealthyBrain.pdf)

Designed with you and your personal well-being journey in mind, the [NEW GuidanceResources digital experience](https://share.vidyard.com/watch/qxyEpohDy5NWjfriGrGPdr?) offers personalized access to mental, emotional, work-life, legal, financial and well-being support. Also, check out the Well-Being Newsletter, Mental Health Awareness Toolkit, and Financial Wellness Toolkit below to support your needs.

[Mental Health Awareness Toolkit](https://pages.e2ma.net/pages/1807892/45831)

[Financial Wellness Toolkit](https://pages.e2ma.net/pages/1807892/32697)

[Q2 2025 Well-Being Newsletter](https://www.compsych.com/wp-content/uploads/NL_WB_Q2_2025.pdf)

[View the New GuidanceResources Digital Experience Flyer](https://emma-assets.s3.amazonaws.com/i90cb/8aa7bf5c4db007f927bebe13a12ab048/F_A_New_GuidanceResources_Digital_Experience_editable.pdf)

Your GuidanceResources program provides confidential emotional support, as well as legal, financial, and work-life guidance, whenever and wherever you need it. Be sure to select your desired language by clicking the CC closed captioning button.

Video – [Healthy Travel Tips](https://share.vidyard.com/watch/cdMfX6weMxCmTj9Fn8cn8Q)

Video – [Five Primary Components of Optimal Well-Being](https://share.vidyard.com/watch/cg5uHzE5z2etqqFnVqZ95B)

Video – [Practicing Gratitude with Dr. Jennifer Birdsall](https://share.vidyard.com/watch/ntCSDNAoSkPvgzVEqTx4Ak?)

Please do not hesitate to reach out to your leaders or us if there is anything we can do to help.

Kind Regards,

Company