



Nourish *your* GREEN Zone

6-week Resiliency Program
Earn your GREEN ZONE Badges

April 17th to
May 26th



The
Solutions
Group

How GREEN Is Your GREEN Zone?

What's a "green zone?" Think of it as a set of self-care lifestyle practices that increase your overall health, well-being and resilience. When you're stressed, the level and quality of your green zone will impact how you respond to that stressor, physically and mentally.

Grow the quality, depth and bandwidth of your green zone during **Nourish Your Green Zone**, a six-week virtual program. Each week you will receive an email with a set of practices that you can choose from to nourish your green zone. Choose one practice – or all of them – and tell us in the following weeks' email how your green zone grew!

Save your earned badges each week and email all six badges no later than May 26th to NMPsia.wellness@phs.org to be entered in to receive a prize!



Click Here to Register April 1st - April 14th

Scan code or type this url into your browser
<https://www.surveymonkey.com/r/2023NYGZ>

Questions? Email nmpsia.wellness@phs.org