

# Wise & Well Webinar Follow-up Resources

## What's the State of Your Mental Health? With Spring Health



Thank you all for joining us! Recognize how you're *really* doing and learn strategies for staying healthy with the resources below.

- [Webinar Recording](#)
- [HRCI Certificate](#)
- [Mental Health & Well-Being Toolkit](#)
- [See what webinar attendees do to contribute to their mental health](#)

Free Spring Health Resources:

- [Sleep Soundly](#)
- [Caring for Yourself in Times of Uncertainty](#)
- [Moments – Daily Mindfulness Exercise](#)



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