

## **Reset, Refocus, Reconnect with Wellbeats**

January is the perfect moment to hit reset and let go of what no longer serves you and refocus on what truly matters. Wellbeats is here to help you start 2026 feeling grounded, supported, and re-energized with fresh content designed to reset your body and mind.

This month, Wellbeats invites you to take part in its [Stress Relief](#) program, a practical, expert-led series focused on reducing stress through mindful movement and breathing techniques.

Each week features sessions designed to help you—

- reduce stress and improve focus,
- strengthen your mind-body connection,
- move with ease and intention, and
- create space for rest and reflection.

Whether you have 2 minutes or 20, these classes are designed to help you recharge and build healthy habits you can carry into 2026 and beyond.

Start the [Stress Relief](#) program today!

Access Wellbeats via the mobile app or your [web browser](#) and log in with your work email address.