

# wellbeing

Building resiliency through self-care



## Hey, VA Employees! Resources for Your Whole Health

Provides quick, virtual tools to help you manage stress and promote your Whole Health during these unprecedented times. Resources to help you take care of your physical, mental, and emotional well-being.



or visit  
<https://www.va.gov/WHOLEHEALTH/professional-resources/EWH-resources.asp>

**Questions? Contact us at [VHAOrgHealthCouncil@va.gov](mailto:VHAOrgHealthCouncil@va.gov)**  
If in crisis, call the Disaster Distress Hotline at 1-800-985-5990