



MENTAL HEALTH DIGEST

## How to Get Better Sleep

MARCH 2022

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Hi there,

Deep restorative sleep is a vital ingredient to our heart health, gut health, and emotional health. It helps regulate our circadian rhythm, or our “biological clock,” so we can remain cognitively alert, focused, and emotionally available to those around us. This month, [Modern Health](#)’s focus is on ways we can all improve our sleep hygiene to get better sleep.

[Download Flyer](#)



### Community Circles

Provider-led group sessions for community support

World Sleep Day: To honor World Sleep Day on Friday, March 18, we recommend exploring the following sleep-related sessions:

- [Sleep: A Beginner's Guide](#)
- [Sleep: A Deep Dive](#)

[Navigating Global Crises](#): This series of therapist-led Circles provides support in response to global crises and events. We understand that world affairs can bring up strong emotions, so we offer these spaces for processing, learning, and healing.

- Processing Stressful World Events
- Collective Grief of COVID-19

[Transgender Day of Visibility](#): In honor of International Transgender Day of Visibility on March 31, this series of therapist-led Circles celebrates and uplifts transgender, non-binary, and gender-diverse individuals across the globe. Sessions include dedicated discussion spaces to support the transgender community and their loved ones as well as listen-and-learn sessions to educate on allyship.

- Support for Trans & Gender-Diverse Individuals
- Support for Family of Trans & Gender-Diverse Individuals
- Support for Partners of Trans & Gender-Diverse Individuals

We also continue to offer our foundational Circles on topics like Emotional Resilience, Sleep, Stress & Burnout, and our Healing Circles for Black, LatinX and Asian Communities, as well as Allies in Solidarity.

[View Upcoming Circles](#)



## What's New

Check out Modern Health's latest picks for this month

If you prefer self-serve interactive digital programs or guided meditations, check out what's new in Modern Health to help you take moments for your mental health.

- **Fall asleep easier:** Do the opposite and focus on staying awake in this meditation. Try [A Surprising Technique to Fall Asleep](#).
- **Find joy:** Learn practical steps to prioritize positive moments and find joy when facing a full day. Try our [Shifting the Shoulds](#) digital program.
- **Navigate tough moments:** Learn healthy coping tools and techniques to help you manage tough moments. Try our [Find Meaning in a Difficult Time](#) digital program.

[Get Started](#)



## Mental Health Moment

Learn mental health tips from  
Modern Health

### What is Stigma?

Stigma is a term that's heavily associated with mental health — you've likely heard it before. In fact, the very first goal stated in Modern Health's mission is to destigmatize mental health care. But what is stigma, and how does it affect our collective perception of mental health? Read our latest blog post from Modern Health's DEIB Care Lead, Dr. Jessica Jackson, to learn more.

[Read More](#)

### JOIN A LIVE DEMO

Want to learn more about how to use Modern Health? Join an upcoming **30-minute live** demo every Tuesday and Thursday at:

9:00 am PT (12:00 pm ET)

5:00 pm PT (8:00 pm ET)

[Let's Begin](#)

*Modern Health is your home for mental well-being and personal growth and is available to you as a free benefit through your employer. Through Modern Health, you have access to 1:1 video sessions with specialists, group support, guided meditations, and more.*

### Your path to well-being starts here

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