

Mental Health Support

Mental Well-Being

Atrium Health Mental Health Support Page



Song to Reduce Anxiety

Weightless by Marconi Union, created in collaboration with sound therapists



Musicians On Call

Use Code: livewell



LiveWELL Meditation Channel on YouTube



Atrium Health

Just for Me

Moments of calm and self-care

4 - 7 - 8

Breathe to de-escalate your stress and regain focus

In.....**4** 3 2 1

Hold.....**7** 6 5 4 3 2 1

Out.....**8** 7 6 5 4 3 2 1

Repeat 3 to 4 times as needed

Focus on the good

At the end of the shift, and the day:

What was my win today?

Who and how did I help?

What I do is important.

Repeat to self at the beginning of your day:

May I be safe

May I be happy

May I be healthy

May I live with ease



Atrium Health