**January 2022 – March 31 on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Finding Wise Mind - https://penncobaltplus.com/3r7UfE5

2. The Wellfocused Podcast: Exercise and Motivation - https://penncobaltplus.com/3HevA6s

3. The Wellfocused Podcast: Mailbag Episode - https://penncobaltplus.com/3INd4T6

**January 2022**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Helping Loved Ones with Anxiety - https://penncobaltplus.com/3KSNu0T

2. Finding the Silver Lining...Or Not - https://penncobaltplus.com/3g6bf7K

3. Setting "Realistic" Goals for a New Kind of New Year - https://penncobaltplus.com/3uazoCa

**April 1 2022 – on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Ways to be Resilient - https://penncobaltplus.com/3qU7nML
2. What is Brain Fog? - https://penncobaltplus.com/36KGmVb
3. The Wellfocused Podcast - https://penncobaltplus.com/36HoWsH

**May 2 2022 – on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. The Wellfocused Podcast: Exercise Recovery - <https://penncobaltplus.com/3MMqxwE>
2. The Wellfocused Podcast: Self Talk - <https://penncobaltplus.com/3MOkJmq>
3. Sleep Tips - <https://penncobaltplus.com/3OTF9Mo>

**June 1 2022 – on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Managing Compassion Fatigue – <https://penncobaltplus.com/3PWmJer>
2. The Wellfocused Podcast: How Do You Talk to Yourself? – <https://penncobaltplus.com/3m10V3J>
3. Sleep Tips - <https://penncobaltplus.com/3OTF9Mo>

**July 2 2022 on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. The Wellfocused Podcast: To Ice or Not to Ice? - <https://penncobaltplus.com/3AgJ69a>
2. The Wellfocused Podcast: How Do You Talk to Yourself? - <https://penncobaltplus.com/3OY4a8A>
3. The Wellfocused Podcast: Bias + African-American Education - <https://penncobaltplus.com/3nzHHDc>

**July 2 2022**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Sleep Tips - <https://penncobaltplus.com/3OTF9Mo>
2. The Wellfocused Podcast: Bias + African-American Education - <https://penncobaltplus.com/3Ak2u4Z>
3. The Wellfocused Podcast: Mailbag Episode - <https://penncobaltplus.com/3AkYEbT>

**Aug 1 2022 - Aug 30 on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. What is the Best Diet for Your Mental Health? - <https://penncobaltplus.com/3zGEAjo>
2. Wellfocused Podcast: Mailbag Episode - <https://penncobaltplus.com/3AkYEbT>
3. Wellfocused Podcast: To Ice or Not to Ice? - <https://penncobaltplus.com/3AgJ69a>

**Aug 1 2022 – Aug 30**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Wellfocused Podcast: Bias + African-American Education - <https://penncobaltplus.com/3nzHHDc>
2. What it Means To be Accountable - <https://penncobaltplus.com/3zhfOoL>
3. Wellfocused Podcast: How Do You Talk to Yourself? - <https://penncobaltplus.com/3OY4a8A>

**Aug 31 2022 - Sept 30 on WTH**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Ways to be Resilient - <https://penncobaltplus.com/3QXIbzX>
2. Wellfocused Podcast: DEI from an LGBTQ+ Perspective - <https://penncobaltplus.com/3KwQSyV>
3. Wellfocused Podcast: Work Environment Stressors - <https://penncobaltplus.com/3cxnXOr>

**Aug 1 2022 – Sept 30 A**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. What is the Best Diet for Your Mental Health? - <https://penncobaltplus.com/3R6LWD9>
2. Wellfocused Podcast: Connections Across Different Religions - <https://penncobaltplus.com/3B0hEwg>
3. Understanding Trauma - <https://penncobaltplus.com/3R8jPDG>

**Sept 30 --- Oct 31**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Wellfocused Podcast: Social Determinants of Health - <https://penncobaltplus.com/3E3E0z1>
2. Wellfocused Podcast: DEI from an LGBTQ+ Perspective - <https://penncobaltplus.com/3KwQSyV>
3. Wellfocused Podcast: Connections Across Different Religions - <https://penncobaltplus.com/3B0hEwg>

**Sept 30 --- Oct 31**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Wellfocused Podcast: How Do You Talk to Yourself? – <https://penncobaltplus.com/3m10V3J>
2. Wellfocused Podcast: Work Environment Stressors - <https://penncobaltplus.com/3cxnXOr>
3. Stories of Cultural Humility - <https://penncobaltplus.com/3UM0oD3>

**Oct 31 --- Nov 28**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Wellfocused Podcast: Is Sitting The New Smoking? <https://penncobaltplus.com/3DkuCVL>
2. Wellfocused Podcast: Social Determinants of Health - <https://penncobaltplus.com/3E3E0z1>
3. Stories of Cultural Humility - <https://penncobaltplus.com/3sLI9ke>

**Oct 31 --- Nov 28**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Wellfocused Podcast: Work Environment Stressors - <https://penncobaltplus.com/3cxnXOr>
2. Stories of Cultural Humility - <https://penncobaltplus.com/3UM0oD3>
3. Stories of Cultural Humility - <https://penncobaltplus.com/3gW589w>

**Nov 29 ----**

* Month 3

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Wellfocused Podcast: Is Sitting The New Smoking? <https://penncobaltplus.com/3DkuCVL>
2. Wellfocused Podcast: Leadership and Innovation - <https://penncobaltplus.com/3U92lYp>
3. Stories of Cultural Humility - <https://penncobaltplus.com/3UM0oD3>

**Nov 29 ----**

* Month 6

Hi PARTICIPANT\_FIRSTNAME, we wanted to share the top 3 Cobalt resources visited by your colleagues this month:

1. Stories of Cultural Humility - <https://penncobaltplus.com/3sLI9ke>
2. Stories of Cultural Humility - <https://penncobaltplus.com/3gW589w>
3. Wellfocused Podcast: Proper Pronoun-ing <https://penncobaltplus.com/3inZcqM>