



Emotional Health and Self-Care at Hiray

May 10, 2022

Hiray Pharma Solutions CEO, Dr. Victor Yang, always reminds us that *Hiray engages in the healthcare industry in a healthy way*. We care about the physical and emotional health of every member of our team.

On May 10, Hiray invited two counselors from Healthy Foundations Counseling, Curt and Nancy



Spigelmyre, to share their insights at Hiray Talk. Curt and Nancy each have an MA in counseling, and they are licensed Marriage and Family Therapists in the State of Illinois. Curt grew up in America and has lived fourteen years in China. Nancy grew up in northern China and studied in the US before returning to China with her family. Together, they bring a multi-cultural perspective on emotional health, which is perfect for an international company like Hiray.

During the seminar, employees were taught how to break through cultural stereotypes about mental health and the impact of healthy habits for sleeping and eating on our emotions. Participants also took a private survey to help them understand the impact of their emotions on their physical health and were led in a demonstration of relaxation exercises they can perform daily to relieve stress.



[SEE ALL NEWS](#)