

Wellness at Work



47% of people do not drink enough water. Try to drink two 32oz water bottles during your work day!

Did you know?



A study conducted by the Corporate Executive Board revealed that employees who reported having a good work-life balance were 21% more likely to be productive at work and 33% more likely to stay with their organization.

Self Care Challenge

Go unplug to recharge!
Spend time doing something you enjoy without screens.



Male Mental Health

Father's Day is June 16th! Male mental health is a critical but often under-discussed aspect of overall well-being. Addressing mental health issues among men involves understanding the unique challenges they face, the barriers to seeking help, and the strategies for improving mental health outcomes. Men often face societal pressure to conform to traditional masculine norms, such as being tough, self-reliant, and unemotional. This can discourage men from acknowledging their mental health issues and seeking help. Men are less likely to report mental health problems and are less likely to seek mental health services compared to women. This can lead to a lack of early intervention and treatment. Men die by suicide at a rate of 3.5 higher than women, highlighting the critical need for targeted intervention and support.

Depression and anxiety are prevalent among men but are often underdiagnosed due to the stigma and reluctance to seek help. Symptoms in men might manifest differently, such as through irritability, anger, or physical symptoms. Limited access to mental health care, lack of insurance, and financial constraints can prevent men from getting the support they need.

Increasing awareness about mental health issues and normalizing conversations around mental health can help reduce stigma. Promoting the idea that seeking help is a strength, not a weakness, can encourage more men to access mental health services. Improving the accessibility of mental health services, including telehealth options, can make it easier for men to seek help. Creating supportive environments at home, in the workplace, and in communities can provide men with the encouragement they need to address their mental health. Programs that leverage peer support can be particularly effective, as men may feel more comfortable talking to someone with similar experiences.

Talk with us.



Serotonin is a chemical that influences learning, memory, happiness as well as regulating body temperature, sleep, and hunger. Lack of enough serotonin is thought to play a role in depression, anxiety, and other health conditions.

Summer Serotonin Boosters

- Gardening
- Spend time in the sun
- Have a picnic
- Go swimming or spend time near water
- Explore a park or recreation area

