



Wellness at Work



Find a walking partner to go on walks with throughout the work day or start a club with many co-workers to get people moving!

Did you know?



68 percent of people report doing work related tasks while they are on vacation. If you have available time off, make sure you are using it to disconnect from work and recharge your mind and body for better balance!



Self Care Challenge

Try a new recipe for dinner. For a bonus, get friends and family involved to keep it going once a month together!



How Being Thankful Can Improve Your Mental Health

As Thanksgiving and the holiday season approach, we are often so busy it can be easy to forget what this season is all about. Humbling ourselves, helping others, and connecting with family and friends is the true meaning of the holiday season.

Gratitude can have a profound impact on mental health. Practicing gratitude helps shift focus from negative thoughts to positive ones, promoting a more optimistic outlook. Here are some key benefits:

1. Improved Mood: Regularly acknowledging things you're grateful for can boost overall happiness and reduce feelings of depression.
2. Reduced Stress: Gratitude helps lower stress levels by encouraging a positive mindset, which can make it easier to cope with challenges.
3. Enhanced Resilience: Recognizing the positives in life can foster resilience, helping you bounce back from setbacks more effectively.
4. Better Relationships: Expressing gratitude can strengthen connections with others, leading to improved social support and deeper relationships.
5. Improved Sleep: Keeping a gratitude journal, especially before bed, can promote better sleep by calming the mind and reducing anxiety.
6. Incorporating gratitude practices, like journaling or sharing what you're thankful for with others, can be simple yet powerful ways to enhance mental well-being.

If this time of year is challenging for you or you feel that you need additional support, please reach out to 988.



Make an Impact

- Volunteer at a community agency.
- Sign up to walk dogs at an animal rescue.
- Donate items from a request list at a local shelter.
- Become a mentor at a school near you.
- Check out opportunities to donate a gift to children in need this holiday season.
- Offer to help a neighbor.
- Clean up trash at a park or open area in your community.

