



Wellness at Work



Help organize a lunch and learn with your colleagues! People can teach on their roles at your organization or help share hobbies!

Did you know?



37 percent of employees do not seek mental health treatment because they are unsure how to navigate their health insurance. Talk with your employer about what mental health services are covered in your plan.

Self Care Challenge



Try a new creative activity to express yourself through art. You can do this alone or with friends!

Work Life Balance

Managing your wellbeing and work-life balance is crucial for maintaining productivity and overall happiness. Here are some effective strategies:

1. Set Clear Boundaries

- Define Work Hours: Stick to a set schedule to separate work time from personal time.

2. Prioritize Self-Care

- Physical Activity: Incorporate regular exercise into your routine.
- Healthy Eating: Choose nutritious meals to fuel your body.
- Sleep Hygiene: Aim for 7-9 hours of quality sleep each night.

3.. Manage Time Effectively

- Prioritize and take breaks: Schedule regular breaks to recharge throughout the day.

4. Foster Connections

- Social Support: Maintain relationships with family and friends for emotional support.
- Work Relationships: Build a positive work environment by collaborating and communicating effectively.

5. Limit Technology Use

- Digital Detox: Set aside time away from screens, especially after work hours.
- Turn Off Notifications: Reduce distractions from work emails or messages during personal time.

6. Pursue Hobbies and Interests

- Engage in Activities: Dedicate time to hobbies that bring you joy and relaxation.
- Learn New Skills: Exploring new interests can enhance your sense of fulfillment.

7. Regularly Evaluate Your Balance

- Self-Assessment: Take time to reflect on your wellbeing and adjust your habits as needed.
- Set Goals: Establish short-term and long-term goals to maintain balance.



Feel Good Fall

- Visit a pumpkin patch and carve or paint a pumpkin!
- Go on a nature walk to see the changing leaves.
- Grab coffee or tea with a friend.
- Enjoy a fall sunset.
- Take time to practice being mindful.
- Volunteer at a local agency.
- Try a new meal idea
- Go through your warm weather clothes and donate what you no longer need.