



# Employee Well-being Monthly Tipsheet

**AUGUST 2023**

## August is Healthy and Balanced Life Month

Healthy living is more than being physically fit, it is creating a lifestyle that incorporates healthy habits from the different 8 Dimensions of Wellness. From sleep guidance to self-care, these are a few ways you can live a healthy, balanced lifestyle all year round.



## Ways to Celebrate Healthy and Balanced Life Month:

### Maintain Sleep

Sleep is a vital process that impacts the entire body. Through allowing the brain to recover, sleep promotes better mental and physical performance through aiding the repair of muscles, organs and other cells.

*Dimension of Wellness: Physical*

### Schedule Exercise

Regular exercise has huge benefits for your mental and physical health. We recommend scheduling half an hour for exercise each day. This can be a mixture of gentle movement including yoga or walking, and high-intensity exercise including running or dancing.

*Dimension of Wellness: Physical*

### Fill Your Social Calendar

Studies show that connecting with others and making new friends has a variety of benefits for mental health. Try to plan a social event with others at least once a week. This could be going for a walk with a neighbor or attending an event over the weekend.

*Dimension of Wellness: Social*

### Schedule Self Care

Self-care is much more than running yourself a weekly bath. Self-care requires you to prioritize your own mental and physical well-being. This includes supporting yourself during periods of stress, taking time out to be by yourself, and setting personal goals.

*Dimension of Wellness: Spiritual and Emotional*

## August 2023 Wellness Events:

### August 7-14, 2023

Virgin Pulse Healthy Habit Challenges: Prioritize Tasks

Earn 500 points by tracking 'yes' 5 of 7 days

### August 15- September 24, 2023

Walk and Talk Step Challenge

Registration begins Aug 4th on Virgin Pulse

**Featured Event**  
*Thursday, September 28, 7 p.m.*

**Kaiser Permanente  
Run, Walk, Roll**  
*Piedmont Park*

**Register Today**

### Additional Events:

- August 10: [Healthy Boundaries and Work-Life Balance](#)
- August 22: [Employee Assistance Program \(EAP\): The Basics](#)
- August 30: [Let's Sleep on It: Developing a Healthy Sleep Pattern](#)

### Employee Resources:

- [Earn Your \\$200 Well-being Credit](#)
- [EAP \(Employee Assistance Program\) service from Kepro](#)
- [USG Well-Being Events](#)

