

Employee Wellbeing Monthly Tipsheet

JUNE 2023

June is Professional Wellness Month

Professional wellness is important as it promotes healthy work-life integration, helps to reduce stress levels, encourages personal and professional growth, and improves the overall quality of life. This month for professional wellness, the focus is creating a healthier you through the 8 Dimensions of Wellness. With the resources below, prepare a wellness strategy to incorporate into your everyday life.



Ways to celebrate Professional Wellness Month:



Take a break from work.

It is completely okay to take time off from work and recharge to perform better in life. You can finally read that book you have been wanting to, watch movies, pursue hobbies that you have put on the backburner, or simply allow yourself to rest and do nothing.



Reconnect with colleagues

Reach out to some colleagues that you may have lost touch with. Check up on colleagues who may seem stressed or overburdened with work. Reconnecting with colleagues can help to foster a more friendly environment at work.



Introducing Wellness Habits at Work.

Healthy habits are an important part of the overall well-being of any individual. It can be anything like trying a new fitness routine or getting fresh air for 30 minutes during the day.

June 2023 Wellness Events:

Friday, June 9, 12-12:30 p.m.

[Virtual Guided Meditation](#)

Monday, June 12, 12-1 p.m.

[Fidelity presents Manage Unexpected Events and Expenses](#)

Monday, June 26, 12-1 p.m.

[USG MONEY MONDAY: CAPTRUST presents A Deeper Look at Target Date Funds](#)

Wednesday, July 5, 10-11 a.m.

[Healthy Eating at Cookouts and Summer Potlucks](#)

Feature Event for June:

Tuesday, June 13th, 12-1 p.m.

Effective Stress Management

*Bill Moore Student Success
Center, Clary Theater*

[Virtual Registration Link](#)

Employee Professional Wellness Resources:

- [5 Things to Give Yourself Today and Every Day](#)
- [Time Management Matrix by Stephen Covey](#)
- [Integrating the Physical Activity Guidelines into the Workday](#)
- [Work, Family or Personal Life: Why Not All Three?](#)
- [Work Life Balancing Act](#)

