

Employee Well-being Monthly Tip Sheet

OCTOBER 2023

October is National Emotional Wellness Month

What is emotional wellness? Emotional wellness is your ability to power through life's challenges, find joy in your work and life, decrease negative thoughts, increase positive emotions, and achieve success in your career and everyday life.

Did you know your emotional well-being has powerful effects on your overall health? Mental and emotional stress can translate into negative physical reactions, a weakened immune system, and poor health.

Use Emotional Wellness Month as an opportunity to take charge of your emotional wellness, find the soothing activities that work for you, and, most of all, breathe!



Well-being Resources



The 10 Essential Traits of Emotional Health

Work these traits into your habits and mindset to help strengthen your emotional wellness.

[Download](#)



10 Self-Soothing Methods

If you find yourself feeling overwhelmed, anxious or stressed, taking time to self-soothe can be incredibly helpful. PsychCentral has created a list of 10 effective self-soothing methods that you can use to help you find balance.

[Read More](#)



Digital Detox for Your Mental Health

Are you ready to take a break from your electronics and prioritize your mental health? Explore some tips to help you get started on your digital detox journey.

[Download](#)



Wellness Tip

YouTube offers [relaxing sound screensavers](#) that can be played during lunch or during times when you may need to relax.

October 2023 Wellness Events:

Benefits and Wellness Fair

Join Us for the In-Person Annual Benefits & Wellness Fair!

Date: October 24, 2023

Time: 10 a.m. to 2 p.m.

Location: Exhibition Hall

**TEA
& TALK**

Mental Health Foundation



World Mental Health Day | Tea & Talk

We are hosting a Tea & Talk to support mental health.

Time: 11 a.m. to 1 p.m.

Date: October 11

Location: Student Center, Piedmont Room and 2nd floor by the eye center