



Employee Well-being Monthly Tipsheet

SEPTEMBER 2023

September is National Self-Care Month

In the hustle and bustle of modern life, twenty-four hours is barely enough time in a day to get everything taken care of. Education, job, socializing, and loved ones are undoubtedly very important for a happy life. But sometimes, we get so busy taking care of these things that we end up neglecting the most important thing of all ourselves.



The best self-care practices are the ones that make YOU feel best. A self-care practice that is unique to you.

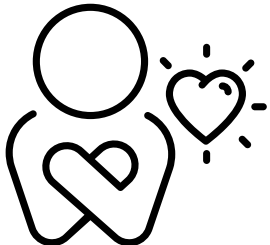
New Well-being Resources



Viva Insights on Microsoft Teams

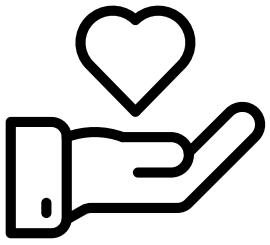
Viva insights through Microsoft Teams and web app, helps employees and businesses thrive with data-driven, privacy-protected insights and recommendations to improve productivity and wellbeing.

Practice Mindfulness



Self-Care Mind Map

The Self-Care Mind Map is a visual representation of various self-care strategies that can be used to improve one's overall well-being. It's a useful tool for those looking to enhance their self-care routine by providing a comprehensive guide to different activities that can be undertaken to promote physical, mental, and emotional health.



Self-Care Check-up Activities

Self-Care activities help us enhance our well-being and maintain good mental health. The self-care check-up activities worksheets attached can provide a valuable tool for individuals looking to evaluate their current self-care practices and develop new ones.

September 2023 Wellness Events:

Featured Event

Wednesday, September 20, 2-3 p.m.

Intro to Financial Wellness

Let's look at ways to save, consolidate, and make life more affordable. Understand how to manage debt with great strategies to repay. Effective money management skills can enrich your life.

Register Today

Employee Resources:

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

