

# Employee Well-being Monthly Tip Sheet

**JANUARY 2024**

## Focused on New Year, New You

This January tip sheet will help you tackle the common pattern of starting the year with increased fitness commitments, then losing momentum. We're providing insights on sustaining fitness goals, creating everyday magic, delving into mindfulness and meditation, gratitude, and introducing the 7 Days to Happiness Challenge for a month-long journey to break the cycle of abandoned resolutions.

*You got this!*

Note: This document contains links to a third party website with no affiliation to Georgia Tech and the inclusion of this information does not constitute endorsement of any products found therein.

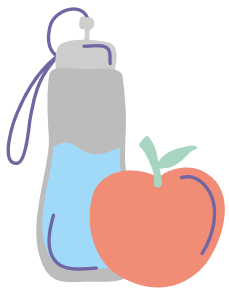
## Well-being Resources



### 7 Days to Happiness Challenge

Take our "7 Days to Happiness Challenge" for a transformative journey. Each day focuses on well-being, from mindful meditation to fostering social connections. Embrace gratitude, wellness, thoughtfulness, freedom, and soulful activities to cultivate lasting happiness. Join this month-long adventure and make every day a step toward a happier you!

[Download the Challenge](#)



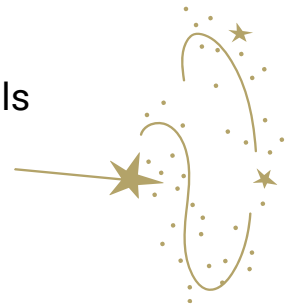
### Fitness for Life

As each new year begins, fitness centers experience a surge in activity as individuals recommit to their fitness goals. However, as the year progresses, gyms typically revert to their pre-New Year levels, with many people abandoning their plans. In light of this widely observed phenomenon, how can you prevent becoming one of the individuals who discontinue their fitness journey?

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### Creating More Magic in Your Life

When was the last time you said "Wow"? As we mature, many struggle to access such blissful emotions. Societal conditioning dulls our curiosity and wonder, replacing them with skepticism and seriousness. Here are some tips to help you reconnect with that sense of wonder.



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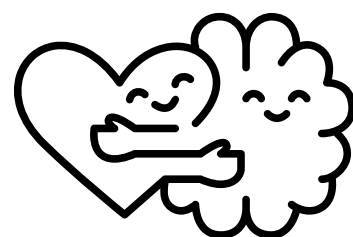
### What is the difference between Mindfulness, meditation and Meditation (uppercase "M")?

In recent years, the concept of mindful living has captivated global interest, from the streets of Bali to Silicon Valley boardrooms. The widespread adoption of mindfulness has led to the emergence of numerous gurus offering diverse approaches to its practice. Click to learn more about the differences.

[Tips for three "M"](#)

### Gratitude: Good Medicine for Stress and Striving

Taking time to focus on thankfulness can help eliminate or lessen stress. Here are a few tips you can use to reset when the pressure begins to build. Hopefully, these practices can become new habits to help you along the way.



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### Give us some feedback

Tell us how we're doing! Take a moment to complete [this survey](#) and help shape tip sheet content.

