

August 2022

📅 National Wellness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>It's National Wellness Month! Use this calendar to focus on self-care, stress management, & creating healthy routines. 1</p>	<p>Amid all the headlines about millions of workers quitting their jobs, it is easy to miss the signals in the noise. Here's how wellbeing helps you win the war for talent. 2</p>	<p>We're more 'connected' than ever, but research shows that many adults feel more isolated & lonelier than ever. Participate in a new group, virtually or in person, to learn a new skill or contribute your own to others. 3</p>	<p>What is wellbeing's role in the workplace? Get your daily dose of learning from Josh Bersin, leading HR & workplace analyst. 4</p>	<p>It's National Breastfeeding Month! Do a benefits audit to ensure you have the right benefits and support networks in place for your working mothers & parents. 5</p>	<p>Did you hear the good news? Virgin Pulse added 5 new partners to our partner ecosystem! Get to know them here. 6</p>
<p>We are better together! Near or far, extend a warm hug or phone call to a friend for National Friendship Day. 7</p>	<p>An investment in wellbeing delivers the business outcomes that matter most to your organization. Reap the benefits of an employee wellbeing program, like improved productivity, higher retention, stronger culture (even in a virtual setting), & more! 8</p>	<p>Did you know reading helps improve memory and empathy and makes us feel better and more positive, too? Happy reading! 9</p>	<p>Join us today 1 pm ET for an interactive webinar on 5 Trends to Watch in Healthcare. Sign up & submit trends you're seeing for live discussion during the event! 10</p>	<p>At the end of your workday, write a do list for the following day. When your thoughts are down on paper, you'll find it easier to unwind for the evening. 11</p>	<p>The weekend is here. Book time this weekend for a little R&R so you come into Monday refreshed, recharged, & ready to take on the week. 12</p>	<p>Create a ripple effect! Recognize a colleague for a job well done today—it'll boost your mood, make you feel more connected, & you're also more likely to get a shoutout in return. 13</p>
<p>Reignite your passion to make a difference when it matters most! Tune into this Thrive Summit session to learn how purpose & power impact your mindset & responses to stress. 14</p>	<p>Today is National Relaxation Day! Choose one relaxing thing to do – meditation, yoga, read a book, use essential oils, take a bath, you name it! Block off at least 15-minutes for yourself. 15</p>	<p>Summer is slowing down—make the most of your local farmer's market! You'll support local businesses & stock your fridge with fresh goods. And have you tried grilled peaches with cinnamon? Thank us later. 16</p>	<p>Get involved with a local nonprofit or a cause that lights you up for National Nonprofit Day. Every small action counts! 17</p>	<p>Authenticity is a hot topic right now. Spend some time unpacking the rise of authenticity in the DEI space and what this means for you & your team. 18</p>	<p>Spark engagement at your next all-hands meeting by having your CEO announce a new wellbeing challenge showcasing a healthy competition between the C-Suite & their departments. 19</p>	<p>You can't afford turnover in the first 90 days. Create a culture of belonging from day one. 20</p>
<p>It's National Immunization Awareness Month! Encourage your people to check with their doctors to get up to date with recommended vaccines. 21</p>	<p>Self-care ≠ employee wellbeing. In fact, for us to achieve personal wellbeing, we need to be taking better care of each other. We're all in this together! 22</p>	<p>Take a nature break. Walking in, or even just looking at, nature calms our nerves & relieves mental fatigue. 23</p>	<p>Your health journey is personal, but you don't have to do it alone. 1:1 coaching can give you an accountability partner & safe place to discuss your goals, roadblocks, & more. 24</p>	<p>Take a mindful moment to unplug and recenter. Sitting outside, meditating, calling a friend, or walking around the block are great ways to ground yourself during a long workday. 25</p>	<p>Today is Women's Equality Day. Brainstorm ways your organization can better support women in the workplace. 26</p>	<p>Employee wellbeing is the new workplace imperative, but only 1 in 5 employees are engaged at work. Provide certainty for your employees during uncertain times. 27</p>
<p>Artificial light from screens affects melatonin production & throws off your circadian rhythm. Avoid screens for 1 hour before bed tonight for better sleep! 28</p>	<p>Deep breath in, deep breath out. It's time to calm the chaos by boosting employee retention & engagement—the safety net organizations need right now. 29</p>	<p>Accepting help from others can improve your ability to manage stress. Reach out to a friend, family member, coworker, manager, or mental health professional if you need support. 30</p>	<p>Looking for more employee wellbeing resources this summer? We've got you covered. 31</p>			

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