Commit to a well-being goal for August.

Don't skip your medical appointments – call your PCP to see if you're due for any preventive screenings!

Looking to commit to a healthier you? Check out our On-Demand Library to find a webinar to help support you on your journey!

Take a few short energy breaks today to help you stay focused, boost brain function, and reduce mental fatigue.

Rates of depression have been shown to be lower for people who walk outdoors – so get outside and get moving – your mind & body will thank you!

Make sure to spend time doing things that bring you joy and help you feel better about yourself this week!

Disengage from negative information – try taking a break from social media and news outlets.

Join the Social Skills Refresh! Webinar today at 12pm.

Practice positive self-talk – instead of “it’s too difficult” try “I’ll give it another try from a different angle.”

Be proud of everything you’ve accomplished this week – you did it!

Spend time with someone who is a positive-thinker this weekend – their positivity may just rub off on you!

Exercise in the morning or evening, when it’s likely to be cooler outdoors!

Today is National Relaxation Day – take time to do something that makes you relax today!

Move more and sit less today! Try setting up a walking meeting or stand up when on a zoom call.

Prioritize your mental and emotional wellbeing. Check out all these great resources available to you here.

Join the Financial Wellbeing: Hindsight 2020 webinar today at 3 PM.

Stop and breathe. Repeat.

Take a walk or eat outside in nature today – enjoy all of the sights, smells, and sounds!

Plan a fun activity for your family or friends today – swimming, walking, having a picnic, seeing a new sight, etc.

Aim to move your body for 30 minutes a day this week!

Join the Financial Wellbeing: Navigating Market Volatility webinar today at 12 PM.

Keep a gratitude journal and list what you are grateful for to appreciate the positive aspects of life.

Practice mindfulness – being mindful of your thoughts & feelings will help you understand yourself better.

Aim for 7 hours of sleep tonight – limit electronics before bed, avoid alcohol, and close the blinds.

Call or Facetime a friend or family member who lives far away and catch up!

If you’re grilling today, keep food safety in mind and don’t leave food out in the sun for more than 2 hours.

Set your priorities for the week to decide what must get done and what can wait.

Join the Running on E: Adding Energy & Fun to Your Life webinar today at 12 PM.

Set, or revisit, your well-being goal for August.