August is Healthy and Balanced Life Month

Healthy living is more than being physically fit; it is creating a lifestyle that incorporates healthy habits from the different 8 Dimensions of Wellness. From sleep guidance to self-care, these are a few ways you can live a healthy, balanced lifestyle all year round.

Ways to Celebrate Healthy and Balanced Life Month:

Maintain Sleep
Sleep is a vital process that impacts the entire body. Through allowing the brain to recover, sleep promotes better mental and physical performance through aiding the repair of muscles, organs and other cells.
Dimension of Wellness: Physical

Schedule Exercise
Regular exercise has huge benefits for your mental and physical health. We recommend scheduling half an hour for exercise each day. This can be a mixture of gentle movement including yoga or walking, and high-intensity exercise including running or dancing.
Dimension of Wellness: Physical

Fill Your Social Calendar
Studies show that connecting with others and making new friends has a variety of benefits for mental health. Try to plan a social event with others at least once a week. This could be going for a walk with a neighbor or attending an event over the weekend.
Dimension of Wellness: Social

Schedule Self Care
Self-care is much more than running yourself a weekly bath. Self-care requires you to prioritize your own mental and physical wellbeing. This includes supporting yourself during periods of stress, taking time out to be by yourself, and setting personal goals.
Dimension of Wellness: Spiritual and Emotional

August 2023 Wellness Events:

August 7-14, 2023
Virgin Pulse Healthy Habit Challenges: Prioritize Tasks
Earn 500 points by tracking 'yes' 5 of 7 days

August 15 - September 24, 2023
Walk and Talk Step Challenge
Registration begins Aug 4th on Virgin Pulse

Additional Events:
- August 10: Healthy Boundaries and Work-Life Balance
- August 22: Employee Assistance Program (EAP) The Basics
- August 30: Let’s Sleep on It: Developing a Healthy Sleep Pattern

Employee Resources:
- Earn Your $200 Well-being Credit
- EAP (Employee Assistance Program) service from Kepro
- USG Well-Being Events