

Employee Well-being Monthly Tip Sheet

June 2024 | Professional Wellness

Professional Wellness Month is celebrated each year in June. It sheds light on the workplace's role in creating a holistic environment for employees. Prioritizing professional wellness is key for fostering a cohesive work-life dynamic, alleviating stress, fostering personal and career development, and enhancing overall well-being.

Ways to celebrate Professional Wellness Month:



Prioritize Self-Care:

Make time for self-care activities such as exercise, meditation, or hobbies that bring you joy and relaxation. Remember that taking care of yourself is essential for maintaining productivity and overall well-being.



Take Regular Breaks:

Make it a habit to take short breaks throughout the workday to rest and recharge. Use this time to stretch, take a walk, or practice deep breathing exercises.



Practice Mindfulness:

Incorporate mindfulness techniques into your daily routine to reduce stress and improve focus. Take a few moments each day to practice mindfulness meditation or simply be present in the moment.



Stay Connected:

Foster positive relationships with your colleagues by staying connected and maintaining open communication. Reach out for support when needed and offer support to others who may be struggling.

Well-being Resource



One Day at a Time: Wellness Pledge Challenge

In June, dedicate each day to nurturing your Professional Wellness through a variety of actions. From setting boundaries and taking breaks to practicing self-care, organizing your workspace, fostering connections, setting goals, seeking feedback, expressing gratitude, prioritizing sleep, and engaging in relaxation rituals, commit to enhancing your well-being step by step.

[Download the Challenge](#)

6 Tips for Celebrating Professional Wellness

Incorporate these habits to celebrate Professional Wellness Month, prioritizing well-being and nurturing a positive work environment. From setting boundaries and practicing self-care to offering support, setting achievable goals, seeking feedback, learning to say no, and celebrating accomplishments, these actions empower personal and professional growth while fostering a culture of well-being among colleagues.



[Download the Guide](#)

Discover more through this LinkedIn Learning course: [Staying Organized While Working Remotely or On-Site](#)

Join organization expert Amy Fritz in this course to master strategies for optimizing workspace and workflow, enhancing productivity through efficient task handling, and maintaining a balanced work environment for sustained well-being and success.

[Create your LinkedIn Learning account](#)

Featured Event

USG Well-Being Wednesday

Strengthen and Stretch at Your Desk

Location: Virtual

Date: June 5

Time: 11 a.m.-12 p.m.

[Register Today](#)

Employee Resources:

- [Ga Tech Well-being](#)
- [USG Well-being Rewards Program](#)
- [EAP \(Employee Assistance Program\) service from Kepro](#)
- [USG Well-Being Events](#)

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