

# Employee Well-being Monthly Tip Sheet

## July 2024 | Summer Health Month

Unlock your summer wellness with our latest tip sheet, which offers various activities and practices to enhance your well-being. From outdoor adventures like hiking to mindful reading posts and a hydration challenge, there's something for everyone. Plus, join our upcoming webinar on sun safety to stay protected during your summer activities.

### Ways to celebrate Summer Health Month:

#### 21 SUMMER WELLNESS IDEAS: TIPS FOR A HAPPY & HEALTHY SUMMER [Read More](#)



Unlock your summer wellness with our latest tip sheet! Discover fun outdoor activities like hiking and gardening to boost both body and mind. Dive into mindful practices and enrich your summer with captivating reads for a well-rounded wellness experience.

#### Mindful Monday: Summer Wellness Read [Discover More](#)

We are excited to announce our summer wellness reading program, "Mindful Monday: Summer Wellness Reads," in partnership with the Georgia Tech Library. Each Monday, we will post a list of books centered around the 8 dimensions of wellness. These dimensions include emotional, physical, occupational, social, intellectual, environmental, financial, and spiritual wellness.



Our goal is to provide you with inspiring and informative reads that will help you enhance your well-being throughout the summer.

### Well-being Resource



#### Hydrate & Thrive: 7-Day Hydration Challenge

The 7-Day Hydration Challenge encourages participants to enhance their hydration habits over a week. It offers daily prompts and tips to boost water intake and maintain hydration levels. Participants track their progress throughout the challenge with the aim of fostering lasting, healthier hydration habits beyond the week.

[Download the Challenge](#)

### Travel's Impact on Well-being



Travel, be it a full vacation or a brief daycation, presents numerous well-being benefits. Whether embarking on a short day trip or an extended journey, embracing travel can vastly enrich our lives. Let's explore how traveling positively influences our mental, physical, and emotional health.

[Download the Guide](#)

### Communities of Connection: Globetrotter Tales [Join Here](#)

Georgia Tech's Globetrotter Tales is a vibrant Community of Connection where travel enthusiasts gather to discuss every aspect of travel! From the ideal times to visit destinations and budget-friendly tips to must-try cuisines and hidden gems, our community supports and encourages one another to explore the world! Traveling and sharing experiences can positively impact almost all of the 8 Dimensions of Wellness, from emotional and social to physical and intellectual well-being. Globetrotter Tales inspires exploring the world and enhancing wellness through the joy of travel!"

#### Featured Event

*USG Well-Being Wednesday*

#### Sun Safety by Kaiser Permanente

*Location: Virtual*

*Date: July 17*

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

[Register Today](#)

#### Employee Resources:

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

#### Give us some feedback

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

