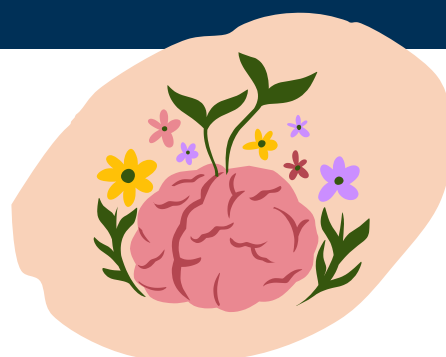


Employee Well-being Monthly Tip Sheet

October 2024 | Emotional Wellness Month

- **Why it matters:** Emotional wellness is crucial for balance in life. Build resilience, reduce stress, sleep well, connect socially, cope with loss, and practice mindfulness.
- **The bottom line:** Use support services like Kaiser, Anthem, Acentra Health EAP, and LinkedIn Learning to enhance your emotional well-being.

Strategies for Improving Your Emotional Health



[Read More](#)

1. **Build Resilience:** Feel fewer negative emotions and bounce back faster.
2. **Be Mindful:** Mindfulness means being fully present, aware of your feelings.
3. **Get Quality Sleep:** Good sleep is crucial for your mind and body.
4. **Strengthen Connections:** Strong relationships improve mental health.
5. **Cope with Loss:** Finding healthy ways to deal with grief.
6. **Reduce Stress:** Use healthy coping methods to manage stress.

WELLNESS SPOTLIGHT

Emotional Wellness Resources

- Take advantage of Georgia Tech resource offerings—Kaiser, Anthem, Acentra Health EAP, and LinkedIn Learning—to support your emotional wellness.
- **In short:** Using these resources regularly can help you stay emotionally balanced and resilient.

[Download the Tip Guide](#)

WELLNESS CHALLENGE

Writing a Thank You Note to Yourself

This 7-day challenge builds self-gratitude by writing daily thank-you notes. Highlight your strengths and personal growth to foster self-love.

- **Daily Thank-You Notes:** Write a daily note to yourself focusing on a different aspect of your life.
- **End-of-Week Gratitude Letter:** A compilation of your notes to celebrate your emotional wellness journey.



[Download the Challenge](#)

WALKTOBER

Improve Your Health This Fall

Get inspired: Tour vibrant virtual landscapes and make IRL walking a priority.

- Log your real-life activity and access articles, recipes, and a forum.
- Participate in team challenges and connect with friends for added fun.

Register by October 6 -- the challenge runs all month long.

[Register Now](#)

Featured Event

Healthy Mind Toolkit

Location: Virtual (webinar)

Date: October 10

Time: Noon

[Register Today](#)

Employee Resources:

- [USG Mental Health Resources](#)
- [Acentra Health EAP \(Employee Assistance Program\)](#)
- [Georgia Tech Well-being](#)
- [USG Well-being Rewards Program](#)
- [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.