

# Employee Well-being Monthly Tip Sheet

**November 2024 | Social Wellness Month**

Social connections and activities are key to mental health, well-being, and inclusivity.

- **Nurture Relationships:** Cultivate relationships to support mental and physical well-being.
- **Engage with Life:** Participate in activities that foster a sense of meaning and create an inclusive workplace.



SUGGESTIONS TO NURTURE

## Your Social Wellness

[Download the Tip Guide](#)

### WALK

**Take a Walking Meeting:** Turn your usual meetings into walking ones! Enjoy some fresh air and get your creative juices flowing while chatting with colleagues in a relaxed way.

### TALK

**Join or Attend a Group Event:** Meet new people and have fun by joining social events or Employee Resource Groups (ERG). It's a great way to connect with others who share your interests.

### BREAK

**Schedule a Connection:** Plan a coffee break, lunch, or virtual hangout with colleagues, friends, or family. It's a perfect chance to catch up and have meaningful conversations.

### FLOCK

**Start a "Community of Connection":** Find colleagues with similar interests or experiences and start a group that meets regularly. It's a wonderful way to build a supportive network and share with each other.

WELLNESS PERK SPOTLIGHT

### Perks at Work

[Discover More](#)

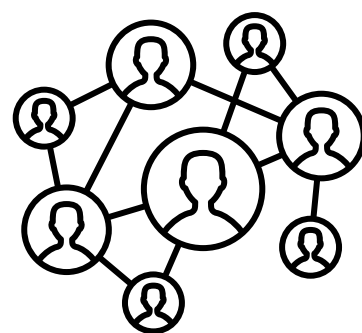
No matter which area of your life you're focusing on—whether it's financial savings, social wellness, or personal development—Perks at Work offers a wide range of discounts and services to support you. From helping you connect with others through social activities to offering financial relief through exclusive deals, Perks at Work is designed to enhance your overall well-being. Whether you're looking to save money on daily purchases or seeking ways to engage socially, these resources are here to help you thrive both personally and professionally.

WELLNESS CHALLENGE

### Social Connections Bingo Challenge

Looking for a fun way to strengthen your workplace relationships and boost your social well-being? **Join the Social Connections Bingo Challenge!**

- Complete small, meaningful tasks that foster connections at work
- Build inclusivity and create a sense of community through the challenge
- Strengthen workplace bonds while participating
- Create a more inclusive and supportive work environment
- Small steps can lead to big changes—give the challenge a try!



[Download the Challenge](#)

## Creating Belonging Through Supportive Networks

**Employee Resource Groups (ERGs)** are voluntary employee associations that aim to build an equitable and inclusive community for historically underserved communities and ensure employees experience greater psychological safety and belonging.

**Communities of Connection** are employee-initiated community groups for employees with common concerns/life experiences centered under at least one of the 8 Dimensions of Wellness to offer support and connection for one another.

[Learn more](#)

#### Featured Event

### Fostering a Sense of Belonging a Session for Employees

*Location: Virtual (webinar)*

*Date: November 12*

*Time: 11:00am-12:00pm*

[Register Today](#)

#### Employee Resources:

- [USG Open Enrollment](#)
- [Acentra Health EAP \(Employee Assistance Program\)](#)
- [Georgia Tech Well-being](#)
- [USG Well-being Rewards Program](#)
- [USG Well-Being Events](#)

#### Give us some feedback



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