

September 2022

Self-Care Awareness Month



Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

Create an inclusive & empowering culture.

Let's Talk

					<p>Happy Self-Care Awareness Month! Use these daily resources to prioritize your self-care at work and at home all month long. 1</p>	<p>The back-to-school season is here! Find out what working parents need to succeed during this transition. 2</p>	<p>Time for a resource drop! Take time to get up to date on the latest content about health, wellbeing, benefits, & employee experience. 3</p>
<p>Get outdoors! Being in nature naturally boosts our mood & energy levels. Opt outside for a walk, hike, bike ride, workout, or picnic. 4</p>	<p>Happy Labor Day! 5</p>	<p>Hybrid or remote work taking a toll on your mental health? Get tips on how to make a hybrid environment work better for you & your organization. 6</p>	<p>Knitting, painting, roller skating, learning a foreign language — commit to picking up a new skill for Self-Improvement Month! 7</p>	<p>Read the latest on “quiet quitting” & what this trend is teaching us about the wellbeing emergency. 8</p>	<p>Keep track of your accomplishments at work. It will help you prepare for performance reviews, identify your best work samples, and can give you a confidence boost when you're having a rough day. 9</p>	<p>Today is an important day for our mental health—Suicide Prevention Day. The 988 Lifeline is available to call for help or share these resources with someone you think is struggling. Your actions will go a long way. 10</p>	
<p><i>Mission critical for employers:</i> investing in the right resources and programs to support the mental health needs of employees. Learn how to destigmatize mental health with this toolkit. 11</p>	<p>Busy days call for easy meals! Eating healthy doesn't have to be complicated, get back to basics this week with 8 meals for busy nights. 12</p>	<p>Sepsis is the body's life-threatening response to infection that affects 1.7 million people in the U.S. each year. Learn the facts & warning signs for Sepsis Awareness Month. 13</p>	<p>Life (and work) is better with friends! Taking time to socialize with your coworkers can boost your health and your productivity. 14</p>	<p>Make time for play! Add more joy & play into your week—whether it's acting silly with your kids, trying a dance class, or starting a creative project, the options are limitless! 15</p>	<p>Happy Working Parents Day! The parents in your org deserve some extra recognition today for everything they do! Whether you're a parent or not, learn something new today about tackling parental stress. 16</p>	<p>Spice up your next workout with some dancing in honor of National Dance Day! Dancing is a great form of cardio shown to have mind, body, & mood benefits. Put on your favorite playlist & get grooving. 17</p>	
<p>Sunday hacks to set you up for the week: plan out your weekly calendar, tidy up your home, & go to bed early, to name a few, are easy ways to get ahead. 18</p>	<p>It's no surprise—work influences life, & life influences work. Learn about the 3 areas where your people's wellbeing can affect your company's bottom line & what to do to help. 19</p>	<p>Get some additional movement in today by taking one of your meetings on a walk or stretching in-between tasks. Your body will thank you later. 20</p>	<p>Today is World Gratitude Day! Take 10 minutes to write down a list of everything you're grateful for. Or make it social—get your family, friends, or coworkers involved and create a list together! 21</p>	<p>First Day of Fall: It's a great time to take stock of what is and isn't working in your life & make changes. Is there a new habit you want to implement? A project you've been putting off? Start today! 22</p>	<p>Get into the fall spirit with us! Incorporate butternut squash into your next meal, go to a local pumpkin patch, or watch a football game — the options are endless. 23</p>	<p>Innergize Day (today!) is here 24 to help you make the transition from summer to fall. Focus on your inner energy so you can relax & rejuvenate. Try unplugging from your phone, meditating, or watching the sunrise/sunset.</p>	
<p>World Heart Day is coming up, do you know what impacts your blood pressure? 25</p>	<p>It's National Family Day! Family by blood or family by choice; take some time to appreciate the special people in your life today. 26</p>	<p>Ever heard of the Pomodoro Method? If you're having trouble staying focused, try breaking your workday into 25-minute chunks separated by five-minute breaks. 27</p>	<p>Open enrollment is almost here. Share these strategies with your HR teams to help them manage this busy time of year. 28</p>	<p>World Heart Day: Brush up on your heart health knowledge and make sure you know the signs of a heart attack for yourself & your loved ones from our partner Hello Heart. 29</p>	<p>Ready for more wellbeing resources this fall? We've got you covered. 30</p>		