






JUNE 2019

Wellbeing Calendar

Employee Wellbeing Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>It's #EmployeeWellbeingMonth!</i> Access the toolkit for exclusive wellbeing resources.
Holistic Wellbeing 2	 What does wellbeing mean to you? Write down 3 things you want to work on this month. 3	4 Catch up on some Z's. Try out a new relaxing nighttime ritual to ease your mind & body before bed.	 Go for a quick jog & release some endorphins — it's #nationalrunningday! 5	6 #EmployeeWellbeingMonth check-in: Feeling stressed? Take a 5-minute mindful meditation break.	7 Weekend challenge: Track how much money you save by preparing all your meals at home.	8
Physical Wellbeing 9	Monday Motivation: Plan a group workout with your coworkers this week for #EmployeeWellbeingMonth! 10	11 Use half of your lunch break for a brisk walk or quick workout.	Do your employees know their ergonomics? Hold an informational session to help prevent repetitive motion injuries. 12	13 Get the facts: Read the nutritional labels on all the food you eat today.	 Weekend challenge: Aim to get 10,000 steps on Saturday & Sunday! 14	15
Mental Wellbeing 16	 Spend time surrounded by plants, "forest bathing" can reduce stress and improve your mood! 17	18 Quiet your mind with a 5-minute guided meditation.	19 Instead of multitasking, try focusing on one task at a time today.	 Aim to go to bed 15 minutes earlier tonight for a better mood tomorrow. 20	21 It's the first day of summer! Take your lunch to the park or walk around the block with some coworkers.	22
Work Life Balance Don't leave the house without your water bottle. It's #nationalhydrationday! How did your company celebrate #EmployeeWellbeingMonth? Let us know by using the hashtag #mywellbeingmonth! 23 30	Monday Motivation: Busy week ahead? Break your to-do list into manageable goals and cross them off as you go. 24	 Pump the breaks – take 5-10 minutes every hour to increase productivity at work. 25	26 Instead of hitting the books, book a conference room and watch a webinar as a team.	27 Want to stress less and hit those deadlines? Who doesn't?! Hold a lunch and learn and ask employees to share their best time management hacks.	28 Weekend challenge: Encourage employees to turn off their email notifications until Monday!	29

Go the extra mile, it's never crowded.