



**Motto of the month:**  
*Small steps create  
 a big impact*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Because health is personal™

Perfect time to start a gratitude journal – See the best way to start [journaling](#).



Make today Fruit & Veggie Day. Promote your program with [grab-n-go assets from our toolkit](#).

Have you ever wondered how you can keep your [workforce psychosocially safe](#)?

Take a look at how leaders can create a safe haven and [help support Post-Traumatic Growth](#).

Join us as [VP+ partners share seamless solutions](#) for cost savings, higher engagement, and member experience.

Make it a goal to get 7-9 hours of quality sleep. Good sleep improves cognition, mood, and can lead to better health choices.



If you want a thriving business, happy employees, and a company culture to boast about, you need to invest in [your employees' wellbeing now](#).

Organize a small-scale adventure for the upcoming weekend. It could be a hike, a day at the beach, or exploring a nearby city. This can rejuvenate your spirits and provide a fresh perspective.

Everything you need to [promote the mental health and wellbeing aspects](#) of your program that you and your members need most.

See how you can [switch up your workout](#) now that the weather is warmer.



[Hear directly from our partners](#) on how you can leverage their solutions to boost the member experience and increase engagement.



Dedicate time for learning new skills that can enhance your work and personal growth.

**It is a Men's Health Month** Here are: [Three reasons to open up more](#).



**Father's Day**  
 No matter what a father figure looks like to you, today is a day to celebrate the positive male role models in our lives.

If your work is behind the screen, incorporate short exercise breaks or stretching into your day.

Challenge yourself to avoid added sugars for a day to reduce health risks like diabetes and promote healthier eating habits.

**It's Juneteenth day!** Here are [12 Juneteenth celebration ideas](#).

It's completely normal to have difficult periods at work BUT [how to deal with burnout?](#)



Here are [4 benefits of walking outside](#) that go beyond physical benefits.

Do you know why we get our best [ideas in the shower?](#)

Take regular screen breaks, follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.

Reconnect with someone you lost touch with—or take steps to make new friends.



Send a positive note to a friend or coworker who needs encouragement today.



Are you ready for [Beckers webinar](#)?

Find out how to improve or build a wellbeing strategy in your company.

Learn to use [cheat days effectively](#) to boost motivation, satisfy cravings, and support long-term wellness.

Do you know [the secret to more effective workplace mental healthcare?](#)

Take time to reflect on the past month's achievements and challenges. Set realistic well-being goals for the upcoming month to keep progressing towards a healthier and happier you.