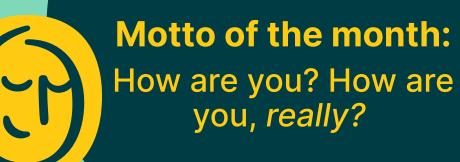
## Employee wellbeing calendar

## July 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ahead of the new month, fix your posture at work. See <u>why</u> good posture matters.	Sunny days are here. <u>Check out</u> <u>these 6 common sun mistakes</u> to avoid this year.	Want to add healthy options to your Fourth of July fun? Here are <u>50 recipes</u> you can choose from!	Independence Day Today we celebrate freedom, and the many paths we've walked to get here.	Aim to drink at least 8 glasses of water a day. Track your intake and notice the benefits in your skin and overall health.	Dedicate the day to minimizing screen time. Instead, delve into a book or spend quality time in nature.	What should you wear for outdoor workouts, depending on the temperature?
<b>8</b> Here are 3 easy, nutritious rotisserie chicken recipes to try this week.	See <u>which sunscreen</u> is the best for your workout.	What are the <u>values of setting</u> <b>10</b> <u>boundaries</u> at work?	Check out the benefits of workplace wellbeing challenges.	Explore strategies for fostering a supportive workplace environment by addressing microaggressions and <u>enhancing BIPOC mental</u> <u>health</u> .	Ready for late dinner nights with your friends? Check out these tricks to help you throw a better BBQ.	Content of the second s
Curious on how to become an Award-Winning workplace? Check it out now!	High Morale = High Performance! Here are <u>5 ways to boost team</u> morale in the workplace.	World Emoji Day Use emojis or art to express how you feel today. Creative expression is a great way to manage emotions.	Reflect on the wellbeing goals you set at the beginning of the month. Celebrate progress and re-adjust as necessary.	For many of us, working at a desk is a standard part of our jobs. Is your office set up in a way that works for you?	Discover how organizations are reshaping benefits for a competitive edge and <u>healthier</u> workplace culture in 2024.	Embrace the art of doing nothing. Spend some time swaying in a hammock, and let nature rejuvenate your spirit. <u>Need help setting aside "me</u> <u>time"?</u>
Check out <u>how organizations</u> <b>22</b> <u>can support employees</u> in managing work stress.	When your members are not feeling their best, they can't perform their best. But you can help, <u>here are three ways to get started</u> .	Challenge your mind with puzzles, reading, or learning new skills to build and maintain neural connections.	25 Here are <u>5 effective ways to enhance mobility</u> while aging.	Less than 10% of eligible donors donate blood - so there's always a need. A quick Google search can help you locate a local donation center. Donate blood, save a life!	27 Find a friend who is also trying to get active and work out together! Exercise is always more fun with a friend, so invite one to join you today.	Celebrating the bonds that uplift us, the hearts that nurture us, and the spirit of compassion that unites us all on this Parents' Day.
Ever wondered how <u>physical</u> activity can boost mental wellness?	Do your members need help prioritizing mental health & wellbeing? <u>Check out these tips.</u>	Dedicate 10 minutes to meditation. It can provide a mental reset, reducing stress and enhancing focus for the second half of the week.	Because health is personal <sup>™</sup>			



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