

Employee wellbeing calendar

July 2024



Motto of the month:
How are you? How are you, really?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<p>Ahead of the new month, fix your posture at work. See why good posture matters.</p> <p>1</p>	<p> Sunny days are here. Check out these 6 common sun mistakes to avoid this year.</p> <p>2</p>	<p>Want to add healthy options to your Fourth of July fun? Here are 50 recipes you can choose from!</p> <p>3</p>	<p>Independence Day Today we celebrate freedom, and the many paths we've walked to get here.</p> <p>4</p>	<p> Aim to drink at least 8 glasses of water a day. Track your intake and notice the benefits in your skin and overall health.</p> <p>5</p>	<p>Dedicate the day to minimizing screen time. Instead, delve into a book or spend quality time in nature.</p> <p>6</p>	<p>What should you wear for outdoor workouts, depending on the temperature?</p> <p>7</p>
<p> Here are 3 easy, nutritious rotisserie chicken recipes to try this week.</p> <p>8</p>	<p>See which sunscreen is the best for your workout.</p> <p>9</p>	<p>What are the values of setting boundaries at work?</p> <p>10</p>	<p>Check out the benefits of workplace wellbeing challenges.</p> <p>11</p>	<p>Explore strategies for fostering a supportive workplace environment by addressing microaggressions and enhancing BIPOC mental health.</p> <p>12</p>	<p>Ready for late dinner nights with your friends? Check out these tricks to help you throw a better BBQ.</p> <p>13</p>	<p> Let's recognize neurodiversity beyond Autism awareness month!</p> <p>14</p>
<p>Curious on how to become an Award-Winning workplace? Check it out now!</p> <p>15</p>	<p>High Morale = High Performance! Here are 5 ways to boost team morale in the workplace.</p> <p>16</p>	<p> World Emoji Day Use emojis or art to express how you feel today. Creative expression is a great way to manage emotions.</p> <p>17</p>	<p>Reflect on the wellbeing goals you set at the beginning of the month. Celebrate progress and re-adjust as necessary.</p> <p>18</p>	<p> 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?</p> <p>19</p>	<p>Discover how organizations are reshaping benefits for a competitive edge and healthier workplace culture in 2024.</p> <p>20</p>	<p>Embrace the art of doing nothing. Spend some time swaying in a hammock, and let nature rejuvenate your spirit. Need help setting aside "me time"?</p> <p>21</p>
<p>Check out how organizations can support employees in managing work stress.</p> <p>22</p>	<p>When your members are not feeling their best, they can't perform their best. But you can help, here are three ways to get started.</p> <p>23</p>	<p>Challenge your mind with puzzles, reading, or learning new skills to build and maintain neural connections.</p> <p>24</p>	<p> Here are 5 effective ways to enhance mobility while aging.</p> <p>25</p>	<p>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!</p> <p>26</p>	<p> 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.</p> <p>27</p>	<p>Celebrating the bonds that uplift us, the hearts that nurture us, and the spirit of compassion that unites us all on this Parents' Day.</p> <p>28</p>
<p> Ever wondered how physical activity can boost mental wellness?</p> <p>29</p>	<p>Do your members need help prioritizing mental health & wellbeing? Check out these tips.</p> <p>30</p>	<p>Dedicate 10 minutes to meditation. It can provide a mental reset, reducing stress and enhancing focus for the second half of the week.</p> <p>31</p>	<h1>Because health is personal™</h1>			