

# EMPLOYEE WELLBEING MONTH '19



## Employee Wellbeing Month Posters

For more information and resources, visit [employeewellbeingmonth.com/toolkit](http://employeewellbeingmonth.com/toolkit)



***You've***

***Got This***

**A one hour workout is just 4% of your day. You can do it.**

Looking for ideas? Set the alarm and go for a run before work, walk on your lunch break, hit the gym before dinner or try a hot yoga class before catching some zzz's. The options are endless, pick your favorite way to destress and commit to your own health & happiness today.

**EMPLOYEE  
WELLBEING  
MONTH '19**

How do you stay active during the day? Tell your story using **#mywellbeingmonth**.  
**[employeewellbeingmonth.com](http://employeewellbeingmonth.com)**



# **Relax**

# **& Recharge**

## **Prioritize your health by disconnecting and unwinding.**

Integrate these tips to begin relaxing and recharging today. Keep electronics out of your bedroom, take five minutes to practice mindfulness during the workday and when you're feeling stressed, take a walk and get some fresh air. Start practicing these stress reducing techniques and you'll begin feeling energized, focused and ready to tackle the workday.

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What is your favorite way to relax and recharge? Tell your story using **#mywellbeingmonth**.  
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**Fuel**

**Your Brain**

**Healthy, nutritious meals are the key to an energizing and productive day.**

When you fuel your day with nutritious, whole foods, your body and mind reap the benefits. Swap out sugar and syrups in your coffee for cinnamon or cocoa powder. Pack your lunch instead of eating out and ditch the packaged snacks for a piece of fruit or veggies instead. These easy tricks will become healthy habits before you know it!

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What's your favorite healthy meal? Tell your story using **#mywellbeingmonth**.  
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**Find**

**Your Balance**

## Take time off to make your time on the job more effective.

When you start to put your health first and restructure your days to focus on wellness, you'll not only have time for the things you love, you'll be more productive and focused at work, too.

- Turn off your email notifications on your phone.
- Practice saying no. Don't overcommit yourself.
- Schedule time to do something you enjoy!

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How do you find your focus? Tell your story using **#mywellbeingmonth**.  
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A silhouette of a person running, positioned in the center-right of the frame. The runner is captured in a dynamic pose, with one leg forward and arms pumping. The background is a light, textured blue. The text is overlaid on the runner's torso.

Download additional materials at  
[employeewellbeingmonth.com/toolkit](https://employeewellbeingmonth.com/toolkit)