



CELEBRATING NATIONAL WELLNESS MONTH

August marks National Wellness Month, a time to reflect on your well-being and build habits to support your health. In today's fast-paced world, wellness often takes a back seat to daily responsibilities, but this month reminds us that investing in your physical and mental health is essential.

Looking for ways to boost your well-being? Consider these tips.



Sources:

1Heart.Org/EN/Healthy-Living/Healthy-Lifestyle/Mental-Health-and-Wellbeing/5-Easy-Ways-To-Improve-Your-Well-Being-At-Work

2Heart.Org/EN/News/2022/09/12/Self-Care-Is-Not-Self-Indulgent-And-You-Can-Start-Now-With-These-Tips

3NebraskaBlue.com/Member-Services/Getting-Care/Preventive-Care



WORK ON YOUR WELL-BEING WHILE ON THE JOB

Balancing work and home life can be a challenge. Making a few small tweaks to your workday can make a big difference in your wellness.¹

- **Fuel your body:** On busy days, it may be tempting to skip lunch, but good nutrition is essential for good health. Schedule time for your midday meal and, if possible, step away from your desk to enjoy it.
- **Limit distractions:** Improve your productivity at work and make yourself more present at home by limiting distractions. Consider placing a busy sign on your desk or turning your phone on silent to avoid unwanted interruptions.
- **Take breaks:** Short breaks can help you manage stress and recharge. Give yourself time, even if it's just five to 10 minutes between meetings, to step away and decompress.



PRACTICE SELF-CARE

When life gets busy, self-care often slips down the priority list, but it's vital for maintaining your health.² There are many ways to practice self-care. A few examples include:

- **Receiving preventive care:** Many health conditions can be detected early or prevented through preventive care, which includes annual exams, cancer screenings and immunizations.³ Knowing your numbers enables you to take charge of your health.
- **Building healthy habits:** A balanced diet, regular exercise and adequate sleep are essential for long-term well-being.² Experiment with healthy recipes and different activities to find what you enjoy. Establish a bedtime routine that helps you rest and recharge.