

National Wellness Month

August is National Wellness Month, a time to evaluate our well-being and improve our overall health and wellness. Research indicates that self-care can increase happiness by up to 71% through managing stress and maintaining a healthy lifestyle. At work, this can include:

- Physical performance: Are we always ready to complete the task at hand in the safest, most professional manner? Are we situationally aware of how the job can be completed in the safest manner possible?
- Mental health: Are we mentally focused and sharp? Do the job responsibilities match our capabilities? Can we manage our stress at work?
- Emotional health: Do we keep our emotions in check when dealing with coworkers and the public? How do we reinforce positive behaviors and maintain positive relationships at work?

National Wellness Month encourages individuals to:

- Prioritize self-care physically, mentally, and emotionally. Stretching regularly has been shown to benefit physical and mental health.
- Engage in healthy habits. Improve eating habits with healthy food choices.
- Reduce stress. Reach out to others and contact your employer's EAP representative.
- Improve sleep quality. Try to go to bed at the same time each night and get at least 8 hours of sleep.
- Seek medical checkups. Don't forget about your annual physical and blood tests.
- Connect with others. Reach out to family, friends, and coworkers, and accomplish something outside of work.
- Foster a positive mindset. Participate in activities you love.

This month is a great opportunity to make small changes that can have a significant impact on your overall health and well-being. Prioritize your wellness in a way that feels best to you. Whether through journaling, meditation, exercising, or improving your diet, self-care is beneficial to everyone. August serves as a reminder that our wellness starts with us.