



Did you know... that August is National Wellness Month?

What is Wellness?

The Global Wellness Institute defines Wellness as, “the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.” Wellness is not simply limited to physical health. Rather, it is multidimensional and considers your physical, emotional, social, mental, spiritual and environmental states of being. Below are examples of positive choices you can make to improve your wellness in each dimension:

- **Physical**
 - Engaging in regular exercise
 - Developing a healthier diet
- **Emotional**
 - Practicing mindfulness
 - Applying stress management techniques
- **Social**
 - Spending time with family or friends
 - Volunteering in your community
- **Mental**
 - Finding joy in everyday activities
 - Developing healthy coping mechanisms
- **Spiritual**
 - Creating supportive relationships
 - Connecting with yourself and your surroundings
- **Environmental**
 - Spend time outdoors
 - Organizing your spaces

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Wellness

Healthy Together

Life is a journey that is enriched when we support one another and share positive experiences. This August, in recognition of National Wellness Month, take the opportunity to work toward your wellness goals with the help of your colleagues.

As part of your benefits, you have access to Wellbeats Wellness, which offers thousands of on-demand classes to support every aspect of your health. Consider inviting a coworker to join you—pursuing wellness together makes the experience even more meaningful.

See below for some classes you can complete with others:

- **FUNDamentals**
- **Guided Meditation**
- **Lavender Lemonade**

Download the Wellbeats Wellness app or go to portal.wellbeats.com to get started, or by scanning the QR code!



Works Cited

- <https://globalwellnessinstitute.org/what-is-wellness/>
- <https://www.addictionpolicy.org/post/7-domains-of-wellness#:~:text=The%20seven%20domains%20of%20wellness%20are%3A%20physical%2C%20social%2C%20occupational,or%20the%20population%20at%20large>

Ready to join? In your Wellbeats Wellness account, go to Programs to join the **Intro to Mindfulness** today. Start today and discover the transformative power of inner peace.

