



## Did you know... that June is Wellness at Work Month?

### What is Wellness at Work Month?

Every June, Wellness at Work Month aims to highlight the importance of the overall health and wellness of the workforce. During this time, employers work to enhance their wellness programs and initiatives, and they encourage employee participation to improve their mental, physical, and emotional health.

### Wellness at Work Facts

Adults spend most of their active life at work. Hence, work has a significant effect on the overall wellbeing of employees. Consequently, participating in wellness programs and initiatives offered by employers not only improves employees' mental, physical, and emotional health, but it also helps to create a healthier, happier work environment. Wellness programs can help with things like:

- Workplace and financial stressors
- Nutrition
- Smoking cessation
- Fitness

### Aetna Resources for Living

The Aetna Resources for Living Employee Assistance Program (EAP) is available to you and members of your household at no cost! Through Resources for Living, you have access to a plethora of online resources as well as counseling services and 24/7 in-the-moment emotional well-being support. You may access up to 7 counseling sessions per issue per year. Counseling sessions cover a wide range of issues which include but are not limited to:

- Work/Life balance
- Stress management
- Anxiety
- Self-esteem and personal development
- Depression

## ◆ Wellbeats

### Wellness

A healthy work environment is a happy work environment. This Wellness at Work month, explore the Mindfulness at Work program from Wellbeats. With 10 activities that span over two weeks, this program is dedicated to improving your overall wellbeing in the workplace.

#### • Mindfulness at Work

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.

### Works Cited

- <https://www.corporatewellnessmagazine.com/article/june-is-national-employee-wellness-month>

Download the Wellbeats Wellness app or go to [portal.wellbeats.com](https://portal.wellbeats.com) to get started, or by scanning the QR code!



For more information, scan the QR code to visit [resourcesforliving.com](https://resourcesforliving.com) or call 866-252-4468.  
Username: Springpoint  
Access Code: EAP

