



SEPTEMBER

Did you know... that September is National Self-Care Awareness Month?

What is National Self-Care Awareness Month?

September is nationally recognized as Self-Care Awareness Month. During this month, individuals are encouraged to prioritize their overall being and engage in self-care practices. Self-care is defined by the World Health Organization (WHO) as, “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.” By practicing self-care, you are not only improving your overall quality of life, but you are also potentially preventing future illnesses or conditions.

What does Self-Care Involve?

According to the Global Self-Care Federation, practicing self-care involves:

- Making healthy lifestyle choices
- Avoiding unhealthy lifestyle habits
- Making responsible use of prescription and non-prescription medicines
- Self-recognition of symptoms
- Self-monitoring
- Self-management

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Wellness

Cultivating Calm and Building Resilience

Stress is a part of life—but so is learning how to care for yourself. Deadlines, responsibilities, and constant demands can leave you feeling drained. Practicing resilience means knowing when to step back, breathe, and reset.

That's where the Create Your Calm program comes in. As part of your benefits, you have access to Wellbeats Wellness, offering guided tools to help you reduce stress and strengthen your emotional wellbeing. The program is designed to fit into your day—no matter how busy it gets—so you can prioritize self-care and maintain balance.

See below for some classes included in Create Your Calm:

- **Clear Negative Energy**
- **Diaphragmatic Breathing**
- **Finding Stillness**

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.

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



Works Cited

- https://www.who.int/health-topics/self-care#tab=tab_1
- <https://www.selfcarefederation.org/what-is-self-care>