

# Working on Wellness

Monthly wellness from  
**WORKWELL** LIVING HEALTHY WORKS.



## Work-Life Balance

Looking for weekly work-life balance tips?! The *work-balance tips* email series includes some healthy break activities as well as tips for how to balance work and life.



## Virtual Care

As you are moving into January, don't forget to utilize virtual care options when under the weather. When you're short on time or can't get into urgent care, virtual care lets you connect with a board-certified doctor or therapist in minutes from your phone, tablet, or computer. Check with your insurance provider to learn more about how telehealth services can support your care and coverage. **It's a great option!**



## Mental Health Awareness Month

January is Mental Wellness Month—a time to raise awareness about mental health, reduce stigma, and encourage self-care. It reminds us to prioritize our well-being, learn about mental health issues, and adopt habits that build resilience and emotional balance. Let's work together!

### Prevention Resources



COMING SOON!

FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER AND DECEMBER

**SIX IN 2026**  
**WORKWELL**  
**WEBINARS**

**DIVE DEEPER INTO WORKPLACE TRENDS PRESENTED BY WORKWELL PARTNERS.**  
WEBINAR TOPICS COMING SOON!

### PRESENTING PARTNERS



## Brain Boosting Foods

Want to give your brain a boost? Try these 15 foods that are proven to help boost memory, mood, concentration and overall clarity. 

