



August is



NATIONAL WELLNESS MONTH

Make Wellness a Priority for the Whole Family

August is National Wellness Month –
It's the perfect time to focus on self-care, stress management, and healthy habits for the family.

For free and confidential counseling resources, contact your local ESSP Representative

or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 1-877-207-9822



Why Wellness Matters for the Whole Family

- **Health is contagious.** If one leads, the rest will likely follow.
- **Be the role model.** Kids learn by example.
- **Realize the benefits.** It's cheaper and easier to stay healthy than to get healthy.
- **A healthy support system.** Families that are healthy together stick together.
- **Be strong together.** Having common health goals can build stronger family relationships.

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Prioritize self-care in August for National Wellness Month

Exercise: Just 30 minutes of exercise per day can:

- Boost your mood.
- Benefit your mental health.
- Keeps you at a healthy weight and gives you more energy.
- Assists with pain management.

Sleep: It's essential for:

- Good mental and physical health.
- Helping to repair and restore your brain and body.

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How to Prioritize

Daily Self-Care

Prioritize Self-Care in August for National Wellness Month

Journal - Journaling helps:

- Reduce stress, track daily activities, habits, and triggers.
- Improve confidence, communication skills, and memory.
- Boost self-esteem and reduce anxiety, improving mental health.

Schedule your day:

- Schedule priorities to include self care.

Take a social media break:

- Take time each day to disconnect from technology.
- A digital detox can help with anxiety, sleep, mood, and lots more.



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