Reimagine Wellness

August is National Wellness Month and serves as an important reminder to reevaluate current habits. Prioritizing your health, in all aspects is critical to improving longevity and quality of life. Review this month's resources for tips and tricks to promote and sustain your health!

Upcoming Mini-Series!

Suicide Prevention & Awareness

Tuesdays | September 3rd - 24th
12pm MT | 15-Minute Zoom Sessions

Register Now

Take a minute to watch a quick video about this month's healthy habit.

Watch Now ▶

Healthy Habit

Make time for play. Playfulness as an adult helps relieve stress, improves brain function, boosts physical health, and allows for more connection with others. Try the following exercise with family, coworkers, or friends: See who can write down the most animals in two minutes.

© GBS Health & Wellness
2024 August Resources

08

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Complete this month's mini challenge!

August 5th
Take time for reflection. Ask yourself: How am I feeling? What would improve my day?

August 6th
Complete Better You BINGO to boost your wellbeing.

August 7th
Take a walk during your lunch break.

August 8th
Look for similarities rather than differences in others. When encountering a coworker, family member or social media post you disagree with remember that we all have far more similarities than differences.

August 9th
Eat foods with a variety of colors. Aim for at least 5 different colors throughout your day!