



## ***Mindfulness!***

**Aug 2 | 10 – 10:30 a.m. CT**

Join Coach Amanda to reduce stress, build resilience and increase productivity by practicing the art of mindfulness. Learn what it means to be mindful and how you can boost your wellbeing by incorporating small, simple mindfulness techniques into your daily life.

Those participating in the ***Feel Holistic this Summer Challenge*** can earn 50 Vitality points by joining the live webinar!

[Click here to register and save the webex invitation to your calendar!](#)



Stress occurs when there is a mismatch between the demands we experience and the resources we have available to deal with those demands. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health and is important to recognize and manage.

In support of Stress Awareness Month this April, take some time to check in with yourself by doing any (or all) of the following for a little self-care:

- **Connect with yourself** - ask yourself how you're doing and be honest
- **Keep a journal** - put your thoughts/feelings down on paper
- **Practice mindfulness** - try meditation or deep breathing
- **Spend some time outside** - go for a walk or visit a new park
- **Move your body** - get regular exercise
- **Get enough sleep** - create a bedtime routine
- **Fuel up with healthy food** - develop healthy meal plans and snacks
- **Laugh and share** - catch up with an old friend, watch a funny movie, read a book.

Source: HealthFitness

## **Resources on Vitality**

- Take the [Vitality Mental Wellbeing Review](#)
- Enroll in [Health Coaching and Lifestyle Guidance](#)
- Set [Goals](#) or [Goals for Unusual Times](#)
- Review health resources related to mental and behavioral health topics with [Action Sets and Decision Points](#) or [Interactive Tools](#) under **Online Education**

# Health Coach's Corner

## Learning to Let Go & Just Be

By Coach Pam Milles



A few months ago, I was listening to a guided meditation, and the soothing voice coming out of my phone said something powerful. The voice said to let go of everything cluttering the mind, let go of all the things we think we should be doing, or what is expected of us right now, and “just be”. It was a very freeing feeling. I could feel any tension dissipate. Afterwards, I thought, how did it come to this? Why did it have to come to a moment when an unfamiliar voice on an app tells me to “just be” in the moment, and I haven’t done this on my own? It almost seemed like I needed someone to give me permission to “just be” in the moment.

In the spirit of National Wellness Month throughout the month of August, I invite you to focus on self-care and find ways to better manage stressors. Our health coaching team is here to support you in carving out the time for self-care and discuss strategies for managing stress. We also have digital coaching programs to support wellbeing, such as, Keep Stress in Check & Practices for Resilience and Wellbeing. On Vitality, there are wellbeing and mindfulness educational content in the Action Sets & Decision Points section, as well as resources in the Guide to Vitality.

Give yourself permission to “just be”. See what you notice and the emotions and feelings that follow.



**Deadline to Earn Employee Wellness (Vitality) Points for Current Program Year is 9/1/2023**



### RECOMMENDED ACTION:

Log in to the Employee Wellness (Vitality) Portal and review your and your covered spouse/partner's, if applicable, total points earned and take appropriate action. From the Vitality home page, hover over [Rewards](#) and select [Employer Incentive Plan](#). Scroll down to the View Requirements section and click on the View Detail hyperlink on the Reach 5,000 Points tile.



Visit your App Store today and download the *Vitality Today* mobile app to your iPad or iPhone or Android smartphone. For more information, see the attachment or visit the Guide to Vitality on the [Power of Vitality website](#).

### QUESTIONS:

Contact Vitality Customer Service at **1-877-224-7117** or [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com).