

NATIONAL WELLNESS MONTH

SMALL STEPS. BIG IMPACT.

Wellness is not a one-time event. Small daily habits can improve energy, focus, mood, and safety—at work and at home.



MOVE MORE

Take a short walk, stretch, or add a few extra steps to your day.



SLEEP WELL

Aim for quality sleep so you can think clearly and recharge.



HYDRATE

Drink water throughout the day to support focus and overall health.



MANAGE STRESS

Pause, breathe, and take short breaks when stress builds.



CONNECT

Stay connected with people who support and encourage you.



WHY IT MATTERS

- ✓ Better focus and productivity
- ✓ Less stress and burnout
- ✓ Healthier choices every day
- ✓ A stronger, safer workplace



THIS WEEK'S CHALLENGE



Choose one wellness habit to focus on this week. Keep it simple and stick with it every day.



QUICK WINS

- ✓ Drink more water
- ✓ Take a short walk
- ✓ Step away for a break
- ✓ Eat balanced meals
- ✓ Get enough sleep



YOUR WELL-BEING MATTERS.
LIVE WELL. WORK WELL. BE WELL.