WELLNESS CARE PACKAGE



Programs are open to ALL EMPLOYEES unless otherwise noted

Physical: Gather your 5-person team for The Invitational (steps) Challenge! Compete against a new team each week for five weeks. Watch this intro video for more details.

REGISTER Monday, Sept. 14 through Sunday, Oct. 4 DHP Members only: Log in to your member wellness portal & click the Living Healthy tile.

The Challenge starts
October 5th!

Financial: Before making a purchase, decide if it's a need or a want. Saving money can help you achieve long term financial wellness goals.

Nutritional: Fresh milk can be frozen up to 3-6 months. Pour milk into ice cube trays, transfer the frozen milk cubes into a zip lock bag and store in your freezer. Thaw at room temp and add to tea and coffee.

SEPTEMBER 2020

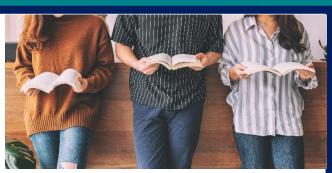
Emotional: Try Box Breathing. For a count of 4 for each: Slowly exhale, hold your lungs empty, inhale, hold the air in your lungs, and then exhale.



Personal/Professional:

Adjusting to working from home? Are you struggling to turn off work? Check out the "Going Home Checklist REAL Goal" for help letting things go, looking at the positives, and overall reflect on your day.

More REAL goals



Social: Join our very first Book Club (virtually)!

"A Man Called Ove" by Fredrik Backman Meet Ove. He has staunch principles, strict routines, and a short fuse. When a chatty young family moves in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale, all of which will change one cranky old man and a local community.

Wednesday, October 28:

<u>12:30pm Sign-up</u> OR <u>4:00pm Sign-up</u> Participants are responsible for book purchase

Environmental: Research shows that people sleep better in a cool, dark room. Improve your sleep by <u>registering</u> for the 21-day Seize the Zzzz Challenge starting Sept. 7. *DHP Members only.*

Spiritual: Watch the 3 Good Things webinar.

September is National Suicide Awareness month

Are you concerned that you or a loved one may be suffering from clinical depression? Join us **Tuesday**, **September 22 for a 12pm webinar** to learn more about one of the most common mental health conditions and what you can do for yourself or your loved one. Register



Freedom From Smoking

Join this **free** 7-week <u>online</u> 'quit tobacco' group on Tuesdays at 12pm, starting <u>October 6th.</u> Week 4 has an additional session on Thursday, October 29th (12pm) as a follow-up to Quit Day. All forms of tobacco use are welcome. Click <u>here</u> to register or for questions. <u>Learn more</u> about tobacco cessation program offerings.

Visit us www.deancare.com/livinghealthy