

June 2022

Virgin Pulse's Employee Wellbeing Month & National Pride Month



Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

			<p>It's our 14th annual Employee Wellbeing Month! Join the self-care conversation by sharing what wellbeing means to you on social media using the hashtag #ShowUsYourWellbeing!</p>	<p>Join us on June 14th to learn from Virgin Pulse clients how they use their wellbeing network to engage the hard to reach – sign-up & submit your questions for the speakers here.</p>	<p>June is #PrideMonth! It's the perfect time to brush up on your Pride history & learn about how the LGBTQ+ Pride movement began.</p>	<p>Ask for help. Mental health awareness is not just in May, but every day. Ask your health coach, therapist, physician, or manager for help.</p>
<p>It's World Environment Day – living green all year round is not just good for your employees, it's good for your business.</p>	<p>National Cancer Survivors Day: 46% of people who have cancer are of working age—understand how to support employees with cancer throughout the entire journey from diagnosis to recovery.</p>	<p>Employee resource groups, wellness champions, & wellbeing advocates can make all the difference in building a culture of wellbeing. Check out our employee wellbeing toolkit designed for these resource groups.</p>	<p>World Oceans Day: Avoiding bottled water, plastic straws, paper napkins, & disposable dishware at home are easy ways you can reduce waste & support</p>	<p>Struggling to find your focus? Studies show that if we are interrupted, it takes us an average of 23 minutes to return to our original task.</p>	<p>Pick one new self-care practice to implement today; keep it simple, just a few minutes can make a difference! #EmployeeWellbeingMonth</p>	<p>It's Family Health & Fitness Day! Take time to get outside for a walk today with family or friends—if you can't, here are 4 strategies to stay active at home.</p>
<p>Reconnect with someone you lost touch with—or take steps to make new friends.</p>	<p>Learn more about supporting men in the workplace with holistic & inclusive wellbeing programs equally tailored to men & women for Men's Health Week.</p>	<p>A workplace wellbeing challenge is your secret weapon for building a culture of belonging.</p>	<p>Juneteenth is coming up on June 19th! Hear from Dr. Marlette Jackson on some of the ongoing justice, equity, diversity, & inclusion initiatives at Virgin Pulse.</p>	<p>Open enrollment prep is a few months away, have you considered what comes afterward for your employees to ensure they are utilizing all your benefit investments?</p>	<p>Curious about the origins & meaning of the rainbow Pride flag & other LGBTQ+ flags? Dive into a Pride flags 101 this #PrideMonth.</p>	<p>Send a thank you email or message to a coworker you appreciate this week & read about how DEI impacts the culture of the entire workplace in honor of Autistic Pride Day.</p>
<p>Today we celebrate the diverse tapestry of family. Take a moment to acknowledge those who are special to you!</p>	<p>Curious about what 'good' onboarding looks like for remote employees? We were too – here's what we learned – 4 tips to making remote onboarding more inclusive.</p>	<p>It is likely you've spent 93% of your day inside today – let's take a walking meeting outside, roll out the yoga mat in the grass, or barefoot dance party on the lawn.</p>	<p>Gratitude can make you resilient. Write down the top 3 highlights of your day before bed.</p>	<p>Find the horizon. Using your vision is a powerful way to enact immediate change in your body. Activate your peripheral vision by looking outside a window & letting your attention drift for 5 mins to recharge from a screen-heavy environment.</p>	<p>Has your self-care taken a dip recently? Get back on track this weekend by doing one thing – big or small – for yourself.</p>	<p>Remove the phrase "I can't" & replace it with "I can't yet." – Rob Jones, Retired Marine Sergeant & Paralympic Bronze Medalist. Boost your mood today & get inspired by powerful quotes from #VPThrive2022 speakers.</p>
<p>Send a positive note to a friend or coworker who needs encouragement today.</p>	<p>Stressed about the week ahead? Spend 10 minutes tidying your workspace before your workday starts. Less physical clutter means less mental clutter!</p>	<p>There are layers to identity – watch the replay of the DEI panel from Thrive Summit 2022 to learn more about how DEI is evolving across multiple organizations.</p>	<p>Trying to fill open roles? Josh Bersin shares why it is important to invest in your current employees & give them opportunities to grow & expand.</p>	<p>School is out for the summer, so now is the time to prepare for what's ahead – returning to the workplace & returning to school. Check out this Q&A from our VP+ family health partner, Ovia to begin making plans now.</p>	<p>Create an inclusive & empowering culture.</p> <p>Let's Talk </p>	