

Strengthen your overall wellbeing

Small, consistent habits can have a big impact on how you feel each day, helping you boost your energy, improve your mood, and better manage stress. Focusing on what supports your wellbeing can make it easier to stay relaxed and productive.

August is Wellness Month—a chance to reset and concentrate on what helps you feel your best. Start with simple steps like setting boundaries, prioritizing sleep, and checking in with yourself regularly. Over time, these changes can allow you to build sustainable habits that support a healthier, more balanced life.

**Set
boundaries**

**Prioritize
sleep**

**Check in
with yourself**



SupportLinc offers various resources, including 24/7/365 in-the-moment phone support, coaching, counseling, online courses, videos, and practical tip sheets—so help is always within reach, for you or someone you care about.

**Visit your program's web platform
or mobile app to get started.**

Take the next step in your wellbeing journey

mysupportlinc.com
1-888-881-LINC (5462)

