

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**

**Discover helpful resources by visiting
your program's web platform or mobile app.**



Take the next step in your wellbeing journey

mysupportlinc.com

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