

Happy National Employee Wellness Month!

June is National Employee Wellness Month, a time for organizations to emphasize the importance of fostering mental, physical, and emotional well-being in the workplace.

We spend a good portion of our waking hours at work, so prioritizing health and happiness in the workplace is vital here at Caliber Financial Services. Wellness includes everything from work-life balance and sleep quality to regular exercise and a healthy diet.

Here are a few ideas of ways you can celebrate Employee Wellness Month:

1. **Take a walking break.** Step away from your desk and reap the benefits of getting outside and active. If you're in the Corporate Woods office, Corporate Woods Founders Park is just down the street and features a tree-lined walking trail, a creek, and picnic tables that are perfect for enjoying your lunch outside. You might even invite a coworker to tag along!
2. **Meditate.** Regular meditation practice has documented benefits, including reducing stress, better quality sleep, lowered resting blood pressure, and enhanced mood. Did you know that the Marketing department holds a mindfulness meditation twice a week at the Corporate Woods office? Join us at 3:30 p.m. in room 110 on Tuesdays and Thursdays for a ten-minute guided meditation!
3. **Schedule your Wellness hours.** At Caliber, we value your well-being. That's why we offer 8 hours annually for personal wellness. You can use these hours for doctor's visits and other health-related appointments in as little as one-hour increments. So, if you've been putting off your teeth cleaning or you're due for your eye exam, this is your chance to schedule those appointments without using any PTO.
4. **Enjoy a healthy snack.** Ever notice that you feel sluggish or unfocused after an indulgent meal? Reaching for nutritious snacks and meals during the workday (and all day!) helps keep your energy levels up and focus on your work. Grab an apple or banana from the kitchen at the Corporate Woods office, or stock up your home kitchen with your favorite healthy options.
5. **Declutter your desk.** Do you have extra cables lying around? What about old papers you can recycle? Taking a few minutes to organize your workspace can greatly impact your productivity and mental state.
6. **Utilize our EAP.** Remember, you're not alone in your wellness journey. Caliber's Employee Assistance Program (EAP) is here to support you. It offers a variety of services at no cost, including online therapy and life coaching sessions, legal and financial consultations, and referrals to resources that can help with childcare, emergency resources, and other issues. Access New Directions EAP by visiting eap.ndbh.com or calling 800-624-5544.

If you'd like more information about any of our wellness benefits, please consult the Employee Handbook or contact HR with questions.