






BeWell@Work™ BACK TO BASICS IN 2023

This year we are going Back to Basics. Our offerings will help employees make the most of their time, embrace healthier behaviors, and learn to let go. This calendar features monthly observances, quarterly campaigns focused on getting Back to Basics, Blue Cross and Blue Shield of Vermont Signature Events, and more. Connect with resources by clicking the text highlighted in [blue](#).*

	Topics	Featured Campaigns	Community and Signature Events
January	What's your why? TED Talks can help you find your purpose .	Live Simply Every person's way of living simply is unique.	Embrace your surroundings with Signature Events like Snow Days , curated by Blue Cross and Blue Shield of Vermont.
February	American Heart Month Learn about cardiovascular health from the American Heart Association.	Embracing a simpler lifestyle can help us be more content with less, leading to many health benefits.	Want to up your Worksite Wellness game? The Vermont Department of Health has tons of great info and resources. Stay tuned for 2023 Worksite Wellness Conference updates.
March	National Nutrition Month See the Academy of Nutrition and Dietetics' campaign toolkit . Find local farmers markets and community-supported agriculture opportunities with the Northeast Organic Farming Association of Vermont.		
April	Get moving! Peruse the Centers for Disease Control and Prevention's guide to Physical Activity Breaks for the Workplace .		
May	Mental Health Month Take advantage of the mental health resources provided by Mental Health America. Women's Health Month The Office on Women's Health keeps you up-to-date on a wide range of topics , and the CDC has ideas for National Women's Health Week , May 14-20, 2023.		Come Alive Outside with the Mile-A-Day Walking Challenge . Explore Mountain Days with Blue Cross and Blue Shield of Vermont's Signature Event series. Earth Day is April 22. Let EarthDay.org show you how to invest in our planet . Pitch in to keep Vermont beautiful with Green Up Vermont. May is Global Employee Health and Fitness Month. Get your crew together to participate in the 40th annual Vermont Corporate Cup Challenge and State Agency Race , a 5K team running/walking event. Enjoy free state park and state-owned historical site admissions one weekend every June during Vermont Days .
June	Men's Health Month Check out the resources assembled by the non-profit Men's Health Network.		
July	National Picnic Month The Academy of Nutrition and Dietetics can help plan your picnic . Learn what goes into a healthy diet from the American Heart Association. Flex your green thumb with help from Vermont Garden Network.	Heart Health On a Budget <i>What's for dinner?</i> You might love that question or dread it. Learn how to effectively plan, prepare, and cook your way to a heart-healthy diet that is both affordable and delicious.	Get out this summer and Hike, Bike, and Paddle with Blue Cross and Blue Shield of Vermont's Signature Events. Pick your peck starting in September with Blue Cross and Blue Shield of Vermont's Apple Days Signature Event.
August	National Wellness Month WebMD tells you how to lean into wellness at work . Tackle food shopping and meal planning with the U.S. Department of Agriculture.		Get certified as an employer who cares about their employees' needs by applying for the Bell Seal for Workplace Mental Health from Mental Health America. Connect with your Health and Wellness Consultant to learn how to apply for the 2024 Vermont Governor's Award for Excellence in Worksite Wellness.
September	National Self-Care Awareness Month Action for Happiness reminds you to take care of yourself , every day.		
October	Sleep Well... The National Sleep Foundation wants you to get the zzzzz's you need .		
November	...To Be Well These podcasts can help make sleep happen .	Simple Steps for a Good Night's Sleep With the many demands of life, it can be hard to get the sleep you need. Sleep is key to renewing our body and mind. Learn simple strategies to adopt throughout your day to set yourself up for the 'sleep of your dreams.'	
December	Be Mindful Find balance and recharge with the Power of Pause .		

*By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.