

QUARTER 3: Mental Health

Click the [blue](#) text below for additional information.

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

And click [here](#) for more info on Healthy Habits and Quarterly Campaigns.

Healthy Habit of the Month: **MAKE TIME FOR PLAY**

Did you make time in your day for play?

Health Observances: [UV Safety Awareness Month](#)
[International Self-Care Day](#) (July 24) • [Blue Cross VT's Hike, Bike, and Paddle](#)

JUL

AUG

Healthy Habit of the Month: **RELAXATION BREATHING**

Did you respond to stress by taking three deep breaths?

Health Observances: [National Wellness Month](#)

SEP

Healthy Habit of the Month: **CHOOSE A NEW ATTITUDE**

Did you do something today to improve your mood?

Health Observances: [Suicide Prevention Month](#) • [Blue Cross VT's Apple Days](#)



RELAX, RENEW, AND REFRESH CHALLENGE

We all need to recharge our batteries from time to time. New research shows that when people don't get the rest and renewal they need, everything suffers – their work, their relationships, and especially their mental, physical, and emotional health. In this challenge we will explore the value of going offline and allowing your mind, body, and soul to have some meaningful, restorative downtime.

So take a deep breath and get ready to relax, renew, and refresh!

HEALTH AND WELLNESS GOALS:



Reaching a personal health goal starts with a single step.

[Journeys](#) are daily, self-guided courses to help you build healthy habits.

Questions? Email BeWell@bcbsvt.com or click [here](#) for more information.

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