



August is Healthy and Balanced Life month!

Achieving balance through self-care

Being healthy requires a balance of caring for our physical, mental and emotional health. That’s where self-care comes in. Even simple self-care provides many benefits such as exercise, stress reduction and time for reflection. Here are some self-care tips you can try:

- **Physical:** Exercise; eat a diet rich in fruits and vegetables; get enough sleep each night.
- **Mental:** Practice mindfulness, such as meditation and deep breathing; take a break from digital devices and social media; work with a therapist.
- **Emotional:** Express yourself creatively through painting, drawing, or journaling; spend time with supportive family and friends; and clearly communicate boundaries to prioritize and preserve your time and energy.

Find support: Employee Assistance Program

Setting healthy relationship boundaries can be challenging without support. The USG Employee Assistance Program (EAP), provided by Acentra Health, can help you establish boundaries in relationships so that your own needs are not neglected when caring for others. The EAP is a free, confidential program that provides resources and counseling services to support the emotional well-being of you and your loved ones. Call **1-844-243-4440** or visit usg.mylifeexpert.com. Company Code: USGCares. Read [Boundary Setting in Healthy Relationships](#) for more information.



MENTAL MOMENT

If we want to stay healthy, it’s important to take care of ourselves. Listen to this podcast to learn ways to nourish, move and refresh your body.

[The Importance of Nutrition, Exercise and Sleep](#) — Podcast presented by Anthem.



MONTHLY WELL-BEING TIP: Get at least 7 hours of sleep

Sleep is essential for your mind and body to function optimally. [Try this sleep journal](#) to ensure you get a good night’s sleep.

JOIN US FOR LIVE USG WELL-BEING EVENTS

Register now to attend these upcoming events.

AUGUST 7 — Well-being Wednesday: [Setting Healthy Boundaries](#) by Acentra Health at 12 p.m. ET

AUGUST 12 — Money Monday: [HSA 104 — HSAs & Medicare](#) by HSA Bank at 12 p.m. ET

AUGUST 20 — [EAP 101](#) by Acentra Health at 10 a.m. ET

AUGUST 21 — Well-being Wednesday: [From Burnout to Brilliance](#) by Kaiser Permanente at 11 a.m. ET

AUGUST 26 — Money Monday: [Estate Planning Basics](#) by TIAA at 12 p.m. ET



Visit the [Events Calendar](#) for more events.

Explore the [USG Well-being website](#) for more information.