

Read me first – September wellbeing tip for employers

Here are some ways you can support your workforce during September:

- ✓ Share the **flyers** in the resource folder with employees.
- ✓ Share the coloring pages in the employee folder to encourage engagement, including options like workplace coloring contests and designated coloring or screen-break areas.
- ✓ Share our **NEW digital detox microlearning** with your team: [Digital Detox: Overcome Digital Overload for Better Wellbeing](#).
- ✓ Run our **NEW digital detox challenge** (located in the employer folder) at your workplace as a fun way to engage employees on the topic.
- ✓ Encourage employees to **register for the upcoming [The Power of Unplugging: How a Digital Detox Improves Your Wellbeing Webinar](#)** (promotional flyer included in the employee resource folder)
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [Wellbeing Webinar Series - YouTube](#).
- ✓ Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)

Here are some additional resources:

- ✓ UCLA Health, [Mental health solutions for the digital age | UCLA Health](#)
- ✓ Positive Psychology, [Disconnect to Reconnect: How to Digitally Detox](#)
- ✓ Positive Psychology, [Overcome Social Media Addiction with Small Daily Tweaks](#)
- ✓ A Healthy Living, [Why Spending Time Offline Is Crucial for Mental Health](#)

Have you explored our Workplace Wellbeing resources page?

We offer a variety of tools and resources to support your workplace wellbeing program. For guidance on supporting the wellbeing of your employees and creating a culture of wellbeing at your workplace, contact your dedicated wellbeing consultant, account manager or broker to schedule a complimentary workplace wellbeing consultation. Visit [Workplace Wellbeing Resources | Employers | Excellus BlueCross BlueShield](#) for more information.