

# heartbeat

January 2020 Newsletter



The New Year marks a chance to step back, take stock, and make the changes you need to prioritize your well-being. Don't forget that your wellness isn't just about your mental and physical health but includes your financial and social lives as well.

## Money



### Checking Your Financial Well-Being

No matter how good you are with money, it makes sense to conduct a financial well-being check at least once a year.

Whether you do this as part of your New Year's resolutions or use another milestone like your birthday as a reminder, taking a step back to assess where you are financially and making any adjustments you need can set you up for success.

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## Health

### Cultivating Positive Mental Health

Good mental health is not about the absence of a mental health condition or illness, it's about feeling good about yourself and being able to deal with life's challenges in a positive and healthy way.

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## Workplace Learning Solutions



### My Health and Wellness Vision Statement

What would your life look like if you reached a health goal such as losing weight, stopping smoking, or getting regular exercise? Creating a health and wellness vision statement can help you picture it and achieve your goal as a result.

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## People Leader's Corner

### Workplace Strategies for Positive Mental Health

Increasing workloads, rapid technological change, shifting market demands, and a lack of work-life balance. As a manager, you're likely more aware than ever of the impact of employee mental health, including stress and overload, on your team's success.

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