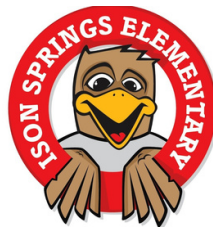


# Staff Wellness NewsLetter



January 2024

**Resource:** <https://fultoncountyga.gov/for-employees/employee-benefits/employee-assistance-program>



## Wellness Year-Round

### Take Care of Yourself

We all have moments when we don't feel our best, and that's completely normal. Whether you're feeling physically unwell, mentally exhausted, or emotionally drained, it's important to recognize that everyone goes through tough days.

Here are some steps you can take to care for yourself when you're not feeling well:

1. Rest and Recharge – Sometimes the best thing you can do is take a step back. Allow yourself the time to rest and recuperate, and don't feel pressured to be productive when you're not at your best.
2. Reach Out for Support – Share how you're feeling with someone you trust—a friend, partner, or colleague. Talking it out can provide relief and perspective.
3. Engage in a Comforting Activity – Doing something you enjoy, whether it's reading, listening to music, or taking a walk, can help lift your spirits and ease your mind.
4. Seek Professional Advice – If you're feeling physically unwell, don't hesitate to contact a healthcare professional for guidance. It's always better to be cautious and take the right steps to recover.

Remember, it's okay to not feel okay sometimes. Taking the time to care for yourself is essential for your well-being.

### Email

In January, Ms. Hicks will send out "Wellness Wednesdays" emails every Wednesday, featuring physical, mental, social, and stress wellness strategies. Please take a moment to review and incorporate what you can into your daily work-life.

### In-Person

Join "Miles with Mitchell," an after-school walking group promoting wellness and community. Walk with us to stay active, unwind, and connect. Email Ms. Mitchell if you'd like to join!

### Challenge

The January Challenge is here, and this month's focus is "The Biggest Loser"! Join us as we work towards our health and fitness goals together. It's a fun and supportive way to kick-start the year. Ready to take on the challenge?

Let's get started!