



## What's New in Wellbeing?

We are committed to helping you be the **best you can be**, as a person and as an organization, especially during this time of transition.



### [Download Our 2021 Wellbeing Calendar](#)

Each month, you'll find a theme of the month along with ideas on how to encourage wellbeing at your organization. Many of the activities can be adapted if your workforce is working remotely.

[Download Your Calendar](#)



### [Ask a Wellbeing Thought Leader](#)

If you have questions on how to think strategically about improving the wellbeing of your employees, please contact your local Alera Group advisor or fill out the inquiry form below.

[Ask a Wellbeing Question](#)

## **This Week's Wellbeing Resources**

### **Career Wellbeing**

- [Feeling Trapped? How to Find New Energy at Work](#)

### **Social & Family Wellbeing**

- [The Psychology Behind Sibling Rivalry](#)

- [Inauguration 2021: How to Talk to Your Kids About Politics](#)

### Financial Wellbeing

- [Expanding and Protecting Your Savings](#)

### Physical Wellbeing

- [The Longevity Roadmap: Discover the Secrets to Aging in Reverse](#)
- [‘I Crave Sweet and Salty Between 8-9 pm. What Do I Do?’](#)

### Emotional Wellbeing

- [13 Ways to Help Banish the Winter Blues](#)
- [How to Handle Uncertainty and Feelings of Helplessness](#)

### Community Wellbeing

- [70 Acts of Kindness That Won't Cost a Thing](#)

### Employer Focused Wellbeing

- [2021 Key Trends in Supporting Employee Mental Health](#)

## This Month's Recommended Articles

### How Fitness Rewards Boost Participation in Employee Wellness Programs

Gallup estimates it costs as much as twice an employee's annual salary to replace them, when you consider the amount of time and effort that goes into training. All told, according to Gallup, US businesses lose a whopping \$1 trillion per year due to voluntary turnover.

[Read More](#)

### **3 Tenets of a Strong Remote Culture**

How can we build and sustain a robust culture in our organization if we rarely see each other in person? Can we maintain a shared and strongly felt set of norms, values, and beliefs? Can we really Zoom ourselves to the same level of closeness, collaboration, and mentorship without physical co-location?

[Read More](#)

### **Salvage Your Health Resolutions With These Nine Steps**

Now that we're on the other side of mid-January, how are those health resolutions doing? If you've given up, you're not alone. Almost half of us quit our resolutions by the one-month mark! But here's some good news: there are simple tasks you can integrate into your day without overcomplicating your to-do list.

[Read More](#)

