



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: [Quiet People in Meetings are Incredible](#)

Social & Family Wellbeing: [7 Ways to Become a Better Listener](#)

Financial Wellbeing: [Survey: How are Americans Using Stimulus Checks](#)

Physical Wellbeing: [Why is it Essential to Make Time for Sleep?](#)

Emotional Wellbeing: [30 Tools to Help You Take Back Control of Your Life](#)

Community Wellbeing: [65 Ways to Celebrate Random Acts of Kindness Week](#)

Employer Focused Wellbeing: [Good Leadership is an Act of Kindness](#)

This Month's Recommended Articles

12 Small Ways to Take Breaks From Our Screens

While we're grateful we have technology, spending too much time on our screens can affect our sleep and our focus, strain our eyes, and even prevent us from being present with our loved ones.

[Read More](#)

5 Signs of Overtraining That Trainers Say Mean It's Time to Take a Day Off

When you work out, tiny micro-tears occur in your muscles, and it's the recovery of those micro-tears that ultimately helps you get stronger. When you don't give muscles proper time to repair, it can lead to issues.

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