



What's New in Wellbeing?

When it comes to wellbeing, employers often find themselves challenged by how to approach a shift from a traditional wellness model to a comprehensive and holistic program that supports the whole person. We hope that you enjoy the resources below!



[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: [Why Brilliant Leadership Minds Embrace the Rules of 1 Percent](#)

Social & Family Wellbeing: [How to Apologize to Your Kids](#)

Financial Wellbeing: [How to Save Money: 20 Simple Tips](#)

Physical Wellbeing: [Do you Have Healthy Blood Sugar? Here's How to Tell & How to Maintain it](#)

Emotional Wellbeing: [Namaste Wellness Stillness Series](#)

Community Wellbeing: [How to Volunteer at a COVID-19 Vaccination Site](#)

Employer Focused Wellbeing: [Productivity vs. Priority Overload: 3 Steps for Leaders](#)

This Month's Recommended Articles

Becoming Happy Improves Your Health

155 adults between the ages of 25 and 75 were randomly assigned either to a wait-list control condition or a 12-week positive psychological intervention that addressed three different sources of happiness: the “Core Self,” the “Experiential Self,” and the “Social Self.”

[Read More](#)

This Is the Type of Exercise You'll Want To Get for Better Sleep in 2021

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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Spruce Up Almost Any Meal With These 3 Ingredients, From a Chef

If you thought just add salt, you're definitely not alone. And while the right amount of salt can take a meal from bland to mouthwatering, too much salt can be just as damaging to the dish. Rather than using salt as a Band-Aid to the problem, try getting to the root of it (i.e., the ingredients).

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