

NATIONAL EMPLOYEE HEALTH & FITNESS DAY



Join us for National Employee Health & Fitness Day!

While this National Employee Health & Fitness Day might look a little different this year, that doesn't mean we can't celebrate! Staying active, eating nourishing foods, and managing stress is the best way to safeguard against disease. The resources below can help you keep up a healthy, active lifestyle whether you're at work or working from home.



Catching ZZZs

A good night's rest can help us stay focused throughout the day. If you've been having trouble falling asleep or staying asleep, check out these tips and tricks.

[LEARN MORE HERE](#)



Take the Pledge

Join us to end stigma and encourage conversations about emotional health and wellness in the workplace. Take the [Let's Talk!](#) pledge and show your support. We can make a difference together.

[LEARN MORE HERE](#)



Celebrate Your Pantry

Clean out your cupboards and get ready for an adventure in the kitchen! These recipes may seem simple, but the taste is off the charts (oh and did we mention it's healthy?)

[LEARN MORE HERE](#)

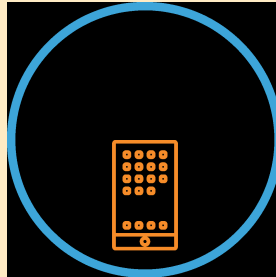


Up for a Challenge?

Try our Move More Mini Calendar Challenges. These one-week challenges are a fun way to get active everyday no matter where you are. Try just one or do all three in a series, the choice is yours!

[LEARN MORE HERE](#)

Resource Center



If you have registered for virtual classes and have been having trouble accessing Zoom, find instructions [here](#).

WEEKLY ROUND-UP

Let's Talk! Mental Health

Join us as we celebrate Mental Health Awareness month with the *Let's Talk!* campaign. We're promoting stigma-free work environments and encouraging conversations about mental health.

Roundtable: Stigma in the Workplace
May 20th | 12:00PM | [Register here](#)

Webinar: Let's Talk Financial Fitness
May 29th | 12:00PM | [Register here](#)

You can also take the [Let's Talk! pledge](#) and find daily tips



and inspiration on Instagram [@workwellnyc](#).

Watch the video below and [visit our website](#) to learn more.



Thrive In Your Workplace

Join ThriveNYC for a one-hour webinar on how to support employees and their teams in managing emotional stress and anxiety during COVID-19.

June 4th | 2:00PM | [Register here](#)

For more information on best practices to reduce mental health stigma in the workplace, download the [Workplace Mental Health Guidance for Commissioners and Agency Leadership Toolkit](#).



Share Wellness with Your Peers

Wellness doesn't happen alone - we need each other for support, encouragement, and connection. Take this opportunity to join together for health and wellbeing and encourage your co-workers to [sign up for our mailing list!](#)



World No Tobacco Day

On Sunday, May 31st, we honor World No Tobacco Day by encouraging employees and their family members to quit smoking. The Employee Smoking Cessation Assistance Program ([ESCAPE](#)) offers free quit-smoking counseling and resources for you and/or your household members.

You can quit. We can help. [Learn more here.](#)

JOIN THE CONVERSATION

"I thank WorkWell NYC for the programs that keep me moving and exercising during the pandemic as I work from home. The motivation from the United We Move challenge participants was overwhelming and heartfelt. Thank you all who provided encouragement and motivation."

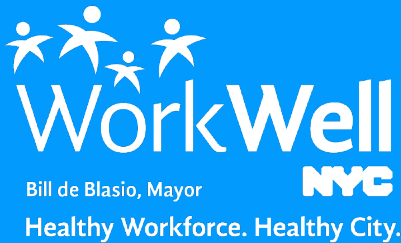
~ United We Move participant



Don't forget to join our Slack channels to connect with fellow City employees on staying well during this time.

- [Be Well](#)
- [Eat Well](#)
- [Move More](#)

Also, check out the [Wellness Anywhere webpage](#) to access self-care and wellness resources when and where you need it.



Follow us on Instagram!
[@workwellnyc](#)