



Well onTarget®

Health Kit | **September 2020**

## Hello!

Here is your Health Kit for September 2020. Please take a few minutes to share this message and the attachments via email. Your dedication to wellness makes a difference. Thanks for your efforts!

Work-life balance can seem like a far stretch, especially during these trying times. This month's Health Kit includes information to help you establish and maintain a healthy work-life balance.

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### Poster

Check out this month's poster for six strategies you can use to create a healthier work-life balance.

[Download Poster](#)

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### Brain Game

Unscramble the words for simple strategies to help you achieve a healthy work-life balance.

[Download Game](#)

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## Recipe

Switch up your work lunch with this bright, colorful salad! It's packed with nutrients, and it keeps well in the fridge for up to 4 days, so it's simple to prepare a week's worth of lunches all at once!

[Download Recipe](#)

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## Short Video: Burnout During COVID-19

Watch this short video to learn how you can avoid burnout during a pandemic.

[Watch Video](#)

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## Podcast: Myth-Busters

This month, we're busting three common myths about work-life balance.

[Listen](#)

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Additional Information:

[For More Information on Work-Life Balance](#)

Coming up...

Tune in next month for information on self-care.

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