

AUGUST 2023



WELLNESS & HEALTH

Focus on improving team member wellness and health through initiatives and resources.

Email tmhelpdesk@oa.mo.gov with questions

learning opportunities calendar


WEEK 1: JULY 31 - AUGUST 4

 Review: DMH CARES - Microlearning Lessons - 1 hr	Article: 19 Ways Leaders Can Support Employee Health and Wellbeing - 15m	Article: How Physical, Mental, and Financial Wellness Intersect - 15m
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WEEK 2: AUGUST 7 - 11

Article: Strategies to Improve your Employees' Health and Wellbeing - 15m	Article: Why Health and Wellness is Important for Employees - 15m	Webinar: The Essentials 2.0 with MO Deferred Comp August 7 at 3:45pm Register in Advance
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WEEK 3: AUGUST 14 - 18

 Wellness and Health ENGAGE Blog Post - 15m	Language Lab, Module 8	Webinar: Roth 457 Plan Contributions with MO Deferred Comp August 18 at 12pm Register in Advance
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WEEK 4: AUGUST 21 - 25

Article: Stop Framing Wellness Programs Around Self-Care - 15m	Activity: Download the Calm App, Free For 1 Year Use Code Missouri2023 at Checkout	Review: Strive for Wellness Program - 15m
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WEEK 5: AUGUST 28 - SEPTEMBER 1

Article: Employee Wellness	Webinar: Meditation Part 1 - 1 hr	Video: Three Rules for Better Work-Life Balance (TED)- 5m
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Don't forget, any learning outside of MO Learning needs to be logged in the Team Member Training Portal in ESS. Need help logging your time? Watch this [MO Learning video](#) to learn more!

 *supervising leader*

 *all leaders*

 *non-supervising leader*