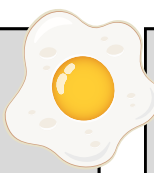
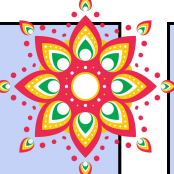


Self-care September



Please note: All times listed are in the Central time zone.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 2-6	 State holiday	Get moving during this Dance Break from 12-12:15 p.m. (Calendar invite)	Take a 10-minute Fitness Break with DHS at 11 a.m. (Calendar invite)	Learn 6 Tips for Better Breakfasts. 	Use DOHR's <u>wellness break agreement</u> to practice self-care daily.
Sept. 9-13	Curious about yoga? <u>Learn what you need to know!</u> 	Happy Hispanic Heritage Month!  Try <u>Breakfast Beans with Poached Egg.</u>	Join Healthy Eating on a Budget from 11:30 a.m. -12:30 p.m. (Register)	Take a Mindfulness Break with TDH from 11:15-11:30 a.m. (Calendar invite)	View the recording of the <u>Virtual Resources Showcase webinar.</u> (30 minutes)
Sept. 16-20	Win a prize! <u>Join Stretch & Destress</u> from 12-12:15 p.m. Can't attend live? Let us know you watched a recording.	Become a <u>wellness champion!</u> Learn more. 	Practice self-care during Mindfulness with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Learn about <u>Here4TN suicide prevention resources.</u> 
Sept. 23-27	Are you familiar with your <u>wellness options</u> as a Tennessee State Government employee?	What's your <u>real age</u> ? Take <u>Sharecare's RealAge Test</u> to find out.	Join Meal Prepping 101 from 12:30 - 1:00 p.m. (Calendar invite)	Try <u>Chinese Chicken Dumplings</u> on National Dumpling Day! 	Need support? Access Optum Health's <u>Emotional Wellbeing Solutions</u> , or call 855-Here4TN.
Sept. 30	Add a <u>stretch break</u> to a team meeting and <u>let us know</u> for a chance to win a prize!	  FOLLOW US REMINDER! Use this calendar to practice daily self-care. Share your experience and let us know how many activities you completed for a chance to win a prize: Submission Form Prize winners will be notified by Monday, Oct. 7. Can't attend a live event? Head over to the video library. WATCH VIDEO 			