



Worksite Wellness That Works



News, notes and more from WellnessIQ for May 2020

Need to Know

May Live Webinar - WellnessIQ Weekly

Topic: Feeling Emotionally & Physically Safe During and After a Crisis

*\$200/month or \$1,800/year for entire organization, regardless of size.
Available at no cost to brokers/consultants.*

Navigating the unpredictable waters of returning to work as COVID-19 unravels can cause feelings of apprehension and uneasiness. Knowing how you can take the reins of your own emotional and physical safety can help create a healthier work and home environment, new thinking patterns and prevent further burnout in the future.

Week 1: Psychological Safety

Week 2: Using Dialects for Healthy Thinking

Week 3: Creating a Wellness Recovery Action Plan

Week 4: Reducing Burnout

[Sign Up Here](#)

Nice to Know

WellnessIQ is now actively sharing challenges, giveaways and insight into our company culture on social media. **Follow us today!**



Free Resources

Recorded Webinar:
[Proactive Emotional Health – Supporting Employees During COVID-19 and Beyond](#)

Short-term Childcare Placement

Looking for childcare placement during this unprecedented time? [Peace of Mind Initiative](#) is offering up to a 6-month placement for a \$750 fee. All candidates have minimum 2 years' experience, CPR/First Aid certification and Clean driving and background records. Inquire at info@thepeaceofmindinitiative.com.

Reducing Stress. Saving Money. Increasing Well-being. Contact Us Now!

Let's Talk!

WellnessIQ

4700 Rockside Road, Summit One, Suite 505
Independence, Ohio 44131
Toll free phone: 888.935.5471
info@wellnessiq.net

