

May is **Better Sleep Month** and **Mental Health Awareness** month. Explore ways to improve your sleep and mental health through activities, workshops, and events sponsored by Be Well Wellness!

Click [HERE](#) to read the Anthem Blue Cross May newsletter!

Important Employee Be Well Information – Please Read!

SURVEY



The Be Well Wellness program would love your **FEEDBACK!** Are you an active participant or would like to start participating but have suggestions? Now is the time to let Be Well know how we can improve! Complete the survey linked [HERE](#). Employees that complete the survey by May 15th will be entered into a drawing for a \$25 wellness related gift card. ***Personal privacy respected. The survey is anonymous.*



Check out the **NEW** look of the wellness portal! The Navigate portal has undergone some updates! Now, find the Anthem Newsletter and the monthly Employee Wellness newsletter on the portal homepage. Links to employee resources such as your EAP, retirement planning services and health care benefits are now easily accessible on the portal. All **NEW** registrants to the Be Well Wellness portal during the month of May will receive (1) entry into a drawing for (2) Adult Day passes to the Mansfield Community Center. Get signed up for the Be Well portal [HERE](#).



Congratulations to **Lisa Beebe** from E.O. Smith High School. She was the winner of a day pass for 2 to the MCC as well as a Be Well gift. Lisa won the drawing for being a **NEW** registrant on the Be Well Wellness portal during the month of March. Keep your eye out for monthly chances to win great prizes just by signing up for the portal and participating in the employee wellness program!



Upcoming Group Challenge on Navigate!



Keep an eye out for informational emails about our 3rd Navigate group challenge of the year! Want to ELEVATE your activity level this summer? Check it out!

May Employee Wellness Challenges



Mile a Day May

Earn 10 points for participating in (3) staff wellness challenges during the year.

A mile a day may sound easy or it may sound hard. In this month's staff wellness challenge, all you have to do is move your body forward for at least 1 mile, every day, for 30 days. Run, jog, walk, crawl, bike or swim. Just break out of your normal routine and move a mile a day. Challenge begins on May 1 and ends on May 31.

How to participate:

- Register for the challenge on your Be Well Wellness portal under the EVENTS tab or by emailing be_well@mansfieldct.org by **May 6**.
- Complete 1 mile of walking, running, hiking, cycling or any other activity that will help you accumulate 1 mile a day. Log your mile(s) on the tracking sheet [HERE](#).
- Submit your Mile a Day tracking sheet to be_well@mansfieldct.org by **June 1**.

- Participants who complete the challenge and submit their tracking sheet will be entered into a drawing for a pair of athletic shoes of their choice (up to \$50) from The Shoe Smith, Willimantic CT.
- Looking for ways to get those miles in that does not involve just running or walking? Download suggested activities and estimates of length(s) of time to complete a mile [HERE](#).



Seven Day Better Sleep Challenge

Earn 10 points for participating in (3) staff wellness challenges during the year.

Working 50 hours a week. Check. Working out a few times a week. Check. Getting a good night's sleep ... ummm ??? There is a lot of buzz lately that sleep is a priority in improving health but unfortunately, a lot of people toss and turn. Take this 7-day challenge to make sleep your number one priority for 7 days. Already dismissing this challenge because you “don’t have time” for Zzzs? If you care about being healthier, happier, faster, stronger and smarter, you will take the 7-day challenge.

How to participate:

- Sign up under the EVENTS tab on the wellness portal.
- Once signed up, you will receive the 7-day challenge guide through your email.
- Determine a starting date during the month of May that works best in your schedule.
- Complete seven consecutive days of the challenge before bed. Upon waking, log the hours you slept that night on your wellness portal under the SLEEP tab of the tracker section of your portal.
- Participants that complete the challenge will receive a Be Well travel blanket.



60 Days to Change Challenge wraps up on May 15th! Don't forget to log into your portal and complete the challenge activities to **earn 15 points for participating in a group challenge!** The last day to record completion of challenge activities is May 22nd. Have you forgotten to log some of the required activities during the challenge? No worries... challenge logging will reopen May 2nd – May 6th so you can finish up and receive your points!

May Employee Wellness Special Events



Self Defense Workshop

Earn 10 points for participating in (3) wellness workshops during the year.

Spend one-hour **Wednesday, May 11th from 4:45pm – 5:45 pm** learning systems of self-defense and situational awareness so you do not have to be afraid. Jerry Kleinman, martial arts and self-defense instructor, will explain how to observe your environment and the people around you, allowing you to dramatically speed your actions in the middle of a threat. Self-defense is enjoyable to learn, safe to practice, and most of all, effective. Workshop location is the Community Center Community Room. To participate, please register on the Be Well portal under the Events tab or email be_well@mansfieldct.org to attend. This workshop is FREE to all town employees.



“Resistance Training” for those over 50 Workshop

Earn 10 points for participating in (3) wellness workshops during the year.

Join Instructor Jerry Kleinman on **Thursday, May 26** from **4 pm to 5 pm** to learn how to maintain your overall strength as you age. This class will discuss the importance of strength as well as the varied methods of adding this to your exercise routine. This seminar is FREE to all town employees. Workshop location is the Community Center Community Room. You must register on the Be Well portal under the Events tab or email be_well@mansfieldct.org to attend.



Last Salsa Fit Class @ Goodwin School on 5/4 at 4:00 pm - Join in on the FUN! Earn 10 points for participating in this LAST class!

Have some Salsa with your workout! This SUPER FUN class is a Latin, dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba, and Tango inspired steps. Great music, lots of fun – you won't even know it's exercise. Sign-up by emailing be_well@mansfieldct.org. Open to all Town, BOE, EHHD, EO Smith and Mansfield Downtown Partnership employees.

Wellness Initiatives to Live Healthier & Happier in 2022!

- May is Mental Health Awareness Month. Raise your awareness during May about Workplace Mental Health, Stress Management in the Workplace, and the Paradox of Choice through these short but informative TED talks.

[Tom Oxley: Workplace Mental Health - all you need to know \(for now\) | TED Talk](#)

[How to make stress your friend | Kelly McGonigal - YouTube](#)

[Barry Schwartz: The paradox of choice | TED Talk](#)

- Don't forget that the Town of Mansfield offers an **Employee Assistance Program (EAP)** to employees through United Services, Inc. EAP is an employment benefit offered at no cost to employees. It provides support to help resolve or manage problems that can interfere with an employee's ability to perform his or her work. Professional Help is offered in areas related not only to mental health and substance abuse services but also a variety of other life challenges including stress management, relationship

issues, workplace tensions, legal and financial referrals. Learn more about EAP services by calling (860) 774-2020 or emailing info@usmhs.org.