

Employee Public Service Week Recharge Kit

CommonHealth brings you tools to feel better – starting today!



Chill

Settle into a comfy position as you listen to this **guided relaxation video** presented by your NOVA CommonHealth Wellness Consultant, Amy Moore. Ahhhh...feel peaceful in 4 minutes.

Move

Looking for a movement challenge to get you going?

Join CommonHealth for the **Walk the New River Trail Challenge** starting June 1st. Sign up and get ready to move (at home in your own way) 45 minutes a day for 6 weeks. Get ready by taking a walk today!



Inspire

Any of your coworkers encouraged you to take care of yourself, both mentally and physically? Has CommonHealth given you information over the years that has been helpful in the pandemic? Share the good stuff that inspires you to stay well through CommonHealth **Wellness Champions.**



Learn

Even though many of our teams are separated by distance, if you have a phone or computer, you can have a CommonHealth event! Ask your Agency Coordinator to schedule our new class, **Time to Feel Better**, about how good movement is for our minds and bodies.



Connect

Don't miss the second issue of the **EmployeeExperience Magazine**, complete with a resource guide for commonwealth employees.

Eat

Give your eating habits a reset back to the basics with CommonHealth's **Build a Better Meal** Micro Learning Videos.



Find wellness videos & more at COMMONHEALTH.VIRGINIA.GOV

CommonHealth is a program from
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