



Wellness at a Glance: June 2022

Emotional Eating: The ABC's on Wednesday, June 1 (Webinar)

Why do we turn to food when feeling stressed or down? Negative emotions may lead to a feeling of emptiness or void. Many of us use food to feel better, relieve stress, and cope with sadness or even boredom. Uncontrolled stress can lead you to turn to food for emotional relief. Food is believed to create a false feeling of full or temporary wholeness. You will identify your causes and triggers, find alternatives to avoid emotional eating, and explore tips to practice regarding mindful eating. Join Blue Cross Blue Shield at 12 p.m. to learn the basics of emotional eating. This wellness webinar counts toward 2022 Wellness Rewards. [Registration is open.](#)

Spices, Seasonings, and Sauces on Thursday, June 2 (Webinar)

Join Jennifer Zartarian as she begins with a discussion of dietary salt - how much is recommended daily and why we may have more salt in our diet than is beneficial for our health. Then the session will move beyond flavoring food with salt and cover homemade spice blends, seasonings, sauces and marinade recipes for the summertime. Attendees will leave with plenty of ideas for making delicious and savory food year-round as well. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)

Money at Work 2: Sharpening Investment Skills on Wednesday, June 8 (Webinar)

Knowledge is the best investment. Join TIAA on June 8 at noon and feel more secure in your savings strategy by verifying you are on the right track. And if you're off track, know the adjustments you need to make. Are you saving enough? Have you taken taxes into account? Do you have a financial plan -- and have you thought about what retirement looks like? TIAA will demonstrate how to plan your investments and help you hold on to as much of your nest egg as possible. You'll get to know your investing personality and how it could impact the way you allocate your assets, check your savings progress, and see what else you should consider, like taxes, inflation and what an ordinary day in retirement will look like. This financial program counts toward 2022 Wellness Rewards. [Registration is open.](#)

Conquering Clutter on Thursday, June 9 (Webinar)

Did spring cleaning uncover more clutter than you were prepared for? Join Certified Professional Organizer, Janine Cavanaugh to learn highly effective clutter controlling solutions that will help remove clutter and prevent it from coming back. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)

Becoming an Effective Stress Manager on Tuesday, June 14 (Webinar)

Multiple studies suggest that stress negatively affects people's health and can take a heavy toll on the mind and body if left unchecked. Join New Directions for this informative webinar, which should help attendees recognize stress symptoms and learn strategies to minimize its disruptive impact. This wellness webinar begins at 12:30 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



Cardio Core on Tuesday, June 21 (Webinar)

This class provides an optimal mix of cardio and core training with pulsating music to motivate. You will be challenged with high-intensity strength conditioning moves including squats, lunges, and running bursts with options for high and low impact. Increase your energy and fitness levels while improving core strength, balance, and agility. All fitness levels encouraged. Put on your sneakers and join Brown Recreation and Athletics at 1 p.m. for this fun webinar! This fitness program counts toward 2022 Wellness Rewards.

[Registration is open.](#)



Relaxation on Wednesday, June 22 (Webinar)

Combat the negative impact of stress effectively by activating your body's natural relaxation response. Let Wellness at Brown guide you through relaxation techniques including diaphragmatic breathing, progressive muscle relaxation, and guided imagery to help create calm and boost your energy and mood. This wellness program starts at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



What are They TikTalking About? Wellness Trends on Social Media on Thursday, June 23 (Webinar)

If you are on social media, you know it seems like there is a new wellness trend daily. Let Wellness Workdays help you sort out the helpful health hacks from the potentially harmful myths. Learn the facts about these trends you and your kids are seeing on social media, and which ones are worth giving a try! This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



Eating Healthy at Cookouts and Summer Potlucks on Tuesday, June 28 (Webinar)

Parties and potlucks are a fun way to spend time with friends, families, and coworkers. In this Blue Cross Blue Shield webinar, you will learn tips on how to make healthy food and beverage choices, how to be mindful with amounts and types of foods, and also discuss food safety recommendations. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



Natural Skin Care for Summer Months on Thursday, June 30 (Webinar)

In this class, we'll discuss how our skin care routine changes for the summer months. We will learn how to make cleansers, body washes, and light moisturizers at home using organic ingredients. Finally, we'll cover the best, most environmentally friendly sunscreen options to use daily. This wellness webinar begins at 12 p.m. and counts toward 2022 Wellness Rewards. [Registration is open.](#)



Special Announcement:

June Promoted Healthy Habit Challenge

Participating in 2022 Wellness Rewards? The ***Process Bias Challenge*** happens June 13-19 [in the portal](#). Can you list one way an unconscious bias impacted your feelings or behaviors today? Remember, successfully participating in the challenge for 5 of the 7 days is worth \$10 toward 2022 Wellness Rewards (maximum \$50 per calendar year for this task).

Wellness Rewards: Program Key

Participating in Wellness Rewards and not sure if your program counts as a wellness program, a financial program, or a fitness program? The key below will tell you. Just look to see which symbol is next to the program you are attending.



Financial Program



Wellness Program



Fitness Program

Please remember participation files are uploaded once a month. It may take up to five weeks for a program to populate on the portal.