











Make August Amazing



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday
August 1-2	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 on Monday, Sept. 9. Can't join a live event? Head over to the video library for on-demand options.		 Has your team or division recently hosted a wellness activity? Let us know for a chance to win a prize!	 Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Are you familiar with your wellness options as a Tennessee State Government employee?
August 5-9	Help beat the back to school blues with these tips from kidcentral tn! 	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)	Take a Mindfulness Break with TDH from 11:15-11:30 a.m. (Calendar invite)	Have some leftover chicken? Try this Copycat Frontega Chicken Sandwich!
August 12-16	Give yourself a break with Stretch & Destress from 12-12:15 p.m. (Calendar invite)	Watch Eat Right on a Budget (2-minute video) in honor of National Financial Awareness Day.	Learn and practice Relaxation Techniques from 12-12:15 p.m. (Calendar invite)	Try one of these Relaxation Techniques and <u>tell us which technique you tried.</u>	Self Care by AbleTo offers on-demand help for reducing worry and improving mood. Download the AbleTo app for free with access code Here4TN.
August 19-23	Learn about DOHR's wellness break agreement to practice self-care during your workday.	Compete in Olympic Trivia! Submit this form by Aug. 23 for a chance to win a prize! 	Unwind with Mindfulness with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	 Go on, brag a little about your wellness wins for a chance to win a prize!	Learn five tips to help you build a healthier routine.
August 26-30	Use this weekly water tracker to stay hydrated during World Water Week! 	Not a fan of drinking plain water? Add flavor by making fruit infused water!	Follow us on Facebook!  /WFHTN 	Watch a video from our library! 	 Celebrate National Trail Mix Day with this Healthier Trail Mix.