



WELLNESS *Journey*



WellPath has created 3 Wellness Journeys for employees. We encourage employees to use these trainings as resources for their mental, physical and fiscal health. Each Wellness Journey consists of video, eBook and audio summaries. Once employees complete the required items they will receive 30 WellPath points.

WELL-BEING JOURNEY

Watch

- Mental Well-Being: Managing Your Emotional Well-being During the Workday (24 mins)
- Mental Well-Being: Navigating Other People's Emotions (16 mins)
- Mental Well-Being: Difficult People (19 mins)

Read

- Physical Well-Being: Creating Healthy Workplaces (10 mins)
- Financial Well-Being: Acres of Diamonds (20 mins)

Listen

- Physical Well-Being: Yoga Wisdom at Work (20 mins)
- Financial Well-Being: The Little Book of Common Sense Investing (18 mins)
- Financial Well-Being: The Four Pillars of Investing (21 mins)

MINDFULNESS AT WORK JOURNEY

Watch

- Sharpening Your Focus to Stay on Track (21 mins)
- Personal Power and Credibility (12 mins)
- Developing a Growth Mindset (16 mins)
- Procrastination: Admitting it is the First Step (17 mins)
- The Art of Staying Focused (19 mins)

Read

- The Art of Breathing: The Secret to Living Mindfully (16 mins)
- Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life! (10 mins)

Listen

- Overworked and Overwhelmed (9 mins)
- One Second Ahead: Enhance Your Performance at Work with Mindfulness (20 mins)

MENTAL WELL-BEING JOURNEY

Watch

- Working Well with Others (22 mins)
- Optimizing Your Workplace Well-being (22 mins)
- Difficult People: Why They Act That Way and How to Deal with Them (19 mins)

Read

- Mental Health in the Workplace (26 mins)
- Wellbeing at Work: How to Build Resilient and Thriving Teams (8 mins)

Listen

- Boost Your Self-Esteem (21 mins)
- Developing Mental Toughness (20 mins)
- Creating Health Workplaces (19 mins)