

LET'S FEEL BETTER

NTIC Newsletter



Choose Wellness

August is National Wellness Month!

Small changes might not feel meaningful, but these little habits can be impactful your long-term health. What small change can you make?

Practice Breathing/Mindfulness

Mindfulness is a state of awareness and is a learned skill. Taking time daily, even for one minute, to connect with your breath can help you become more aware of your emotions, better regulate them, and potentially reduce stress. Practicing breathing with the link on the bottom right.

Drink More Water

Water is vital to life therefore, it plays a key role in proper bodily functions. If water is not the main beverage you consume throughout the day, try alternating it between drinks, slightly water down your go-to beverages, or add fruits and herbs.

8 WAYS TO ADD MORE VEGGIES

Need ideas to help you consume more vegetables? Click on the link above to find small ways that can have big benefits.

5 MINUTE DESK STRETCHES

Add these quick and simple stretches into your day to improve your ergonomics, movement, and flexibility.

1 MINUTE BREATHING

Allow your breath to lead your mind in this one minute breathing exercise to help you connect with yourself.

Move More

Movement doesn't have to mean intense physical activity. It could be small moments of movement throughout the day. Going for a short walk, doing simple stretches, using the bathroom further away, walking or pacing while on the phone, taking the stairs, incorporating dance breaks, or parking further away are all small ways to move more that can add up to a lot!

**Consult with your physician before starting physical activity.*

Eat More Fruits and Vegetables

The average person does not consume the recommended daily amount of 5 servings of fruit and or vegetables. With various meal or snack you eat, incorporate a fruits or vegetables to increase your daily consumption.

Improve Your Sleep Hygiene

Sleep is needed for both the body and brain to repair and re-energize. Aim for 7-9 hours of sleep each night, create a dark and quiet environment, avoid phones and TV one hour before bedtime, create and maintain a bedtime routine, avoid heavy or greasy meals before bed, and limit your caffeine intake (especially in the afternoon).

Overdose Awareness Day

August 31st is International Overdose Awareness Day

Addiction doesn't discriminate and many have been or know of someone who has been affected. This is a day to remember, without stigma, those who have passed and acknowledge the grief of the family and friends left behind. Take time on the 31st to remember, reflect, volunteer, post, or connect.

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders. Call [1-800-662-HELP \(4357\)](tel:1-800-662-HELP).



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Health Advocate

Your Health Advocate points reset on June 1st. Hop on the platform sooner than later to earn points for the 2024-2025 program year!



Start date:
June 1, 2024



Deadline to earn points:
May 31, 2025



Feel good knowing you've earned a reward

Well-Being Rewards Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Rewards Program Eligibility

The NTIC Well-Being Program reward is available to all employees and spouses enrolled in the school district's health insurance. Dependent children age 18+ can utilize the wellness program features, but are not eligible for the reward.

Get Started!

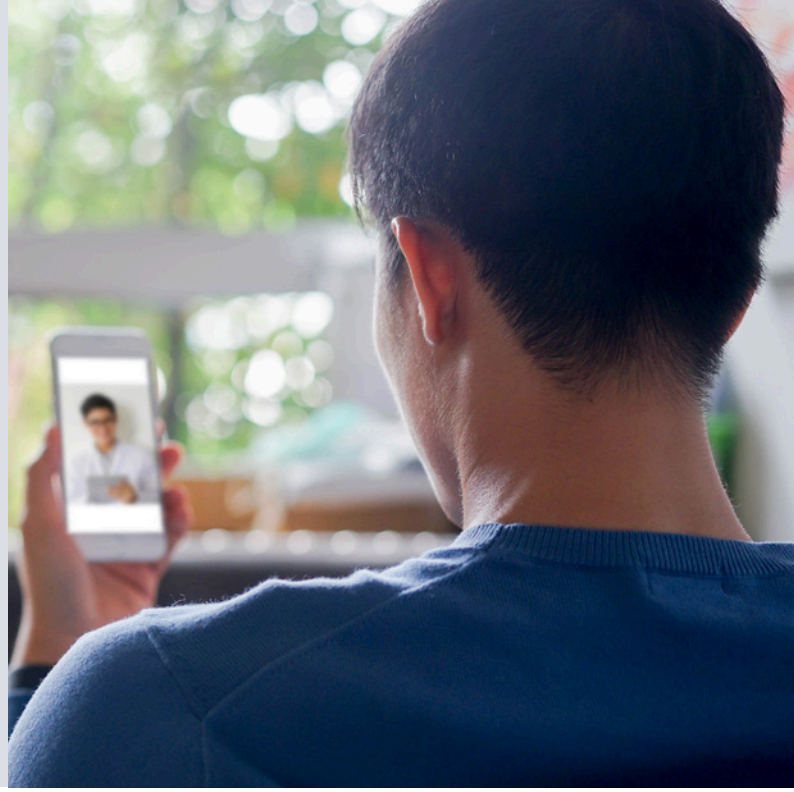
Review the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate's member platform.

HealthAdvocate.com/ntic



New EAP Benefit: Talkspace Go

Talkspace Go is a new, free EAP benefit for you and eligible family members aged 13+. It's a mobile therapy app you can use to improve your mental health and wellbeing in just 5 minutes a day! Get help for relationships, parenting, depression, and much more.



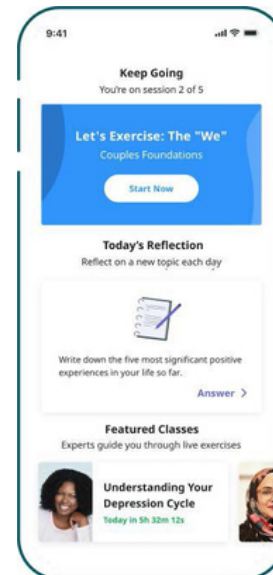
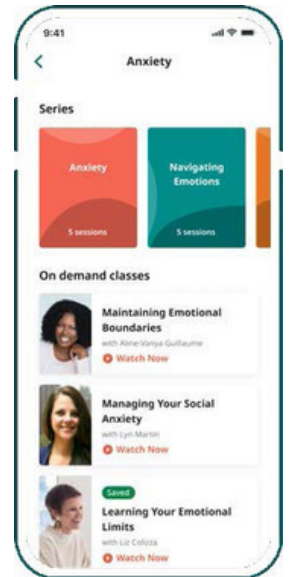
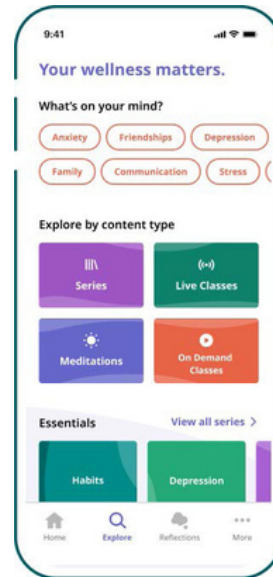
Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 📖 400+ self-guided, interactive courses
- 🗨️ Live weekly therapist-led anonymous group classes
- 📄 Assessments, meditation exercises, journaling, & reminders
- 🔊 Address anxiety, stress, burnout, trust, & more

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.



Ready to get started?

- Download Talkspace Go from the Apple App store or Google Play
- Sign up and create an account
- Enter your organization's code: ESIEAP



800.252.4555
 www.theEAP.com
 Scan to explore
 more EAP benefits!