

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1 and PART 2** are where we recommend separating the content if you wish.



**PART 1 Subject of the email “Do you like to grow?”**

Have you ever heard the term “life-long learner?” Growing and learning do not stop when we finish our college education, or even when we retire. Learning is a life-long opportunity that can enrich our lives as we challenge ourselves and learn new things, both in our workplace or in our personal lives.

Growing means that you are evolving and changing and this can make your job or life more purposeful and fulfilling. Not sure where to start? Here are some ways to challenge yourself to grow:

- Set goals: Set goals that are focused, measurable, achievable, and within a time frame.
- Take on new challenges: Try new things and explore new interests.
- Learn from failure: Use failure as an opportunity for growth and improvement.
- Build healthy habits: Do something each day that challenges you, and replace bad habits with good ones.

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on how to grow in all areas of your life.


**JUST ONE THING:** Do one thing in your workplace this week that is new for you.



## PODCAST – Prescription for Life

**The Prescription for Life Podcast** features Bellin Health experts sharing content on improving your health and wellbeing in a variety of ways. This month, Bellin Health Chaplain Maria Lodenkamp shares some information on spiritual wellness as well as the importance of Bellin’s FREE Advance Care Directive planning. Listen and watch on



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### PART 2 Subject of the email: Opportunities to Grow”



# READY TO GROW?

**bellinhealth**



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In a world filled with so many options of how to fill our time, it is easy to choose things that don’t challenge use and make us grow. So here are some ideas to open you up to some “new” opportunities that will help you explore other areas of growth in your lives.

- Minimize social media. It’s easy to get sucked into social media and the dopamine that comes from scrolling. Try to take breaks from social media by unplugging for a day, and take a look at other opportunities in the world around you. Sign up for a painting class or take a walk in the park. These things can change your mindset and help you to grow.
- Do some reading. Find a book that interests you, and be committed to reading for at least 15 minutes daily. Reading will not only improve your vocabulary and reading comprehension, but it can also teach you new things.
- Change your mindset. If you assume there are areas of growth to which you are not aligned, you may be counting yourself out of a good opportunity. Question the status quo, and realize you have more learning potential than you previously thought.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Bellin Health Licensed Behavioral Health Therapist, Hannah Bauer, about the loneliness epidemic and how it can impact our health and wellbeing. Listen now and pass along to others who may benefit from this information. ***ALSO AVAILABLE IN PODCAST FORMAT.*** [LISTEN HERE](#)

Mental Health Moments podcasts are posted bi-monthly, featuring mental health experts from Bellin.