# **⇒uprise** health

The 2023 monthly communication calendar highlights the 2023 wellbeing topics, webinars, and newsletter highlights for each month.



# 20 MONTHLY COMMUNICATION CALENDAR

# Stay up to date with the latest in empowering information for emotional & physical wellbeing.

### JANUARY



**Newsletter:** Poverty awareness and nutrition information.

**Poverty Awareness Month** 

- **Personal Advantage Webinar:** *The Struggle is Real: Strategies for Time Management.* Learn realistic strategies for more effective time management.
- **Skill-Building Webinar:** *Healthy Habits with Diet and Exercise.* Learn about the direct effect and influence on how implementing healthy habits buffers stress and maintains overall mental health.

#### **FEBRUARY**



2/1

African American Heritage Month

- **Newsletter:** Culturally sensitive care and African American heritage information.
- **Personal Advantage Webinar:** *Navigating Red Tape After the Death of a Loved One.* Learn first steps for handling key aspects of handling your loved one's estate.

### MARCH



National Women's History Month

**Newsletter:** Anxiety and national women's history information.

**Personal Advantage Webinar:** *The Sandwich Generation— Multi-Generational Caregiving.* Review the phenomenon of the sandwich generation and how we can better manage the needs of our changing families.

**Skill-Building Webinar:** *Mindfulness and Meditation Series— Body Scan.* Learn how to conduct body scans to reduce stress and anxiety.

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# **∍uprise** health

The monthly Uprise Health EAP newsletters highlight:

- Digital Course
- Service Offerings
- Monthly Event

# Learn more at uprisehealth.com



#### APRIL

# 4/1

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# **Autism Awareness Month**

**Newsletter:** Covering ADHD and autism awareness information.

**Personal Advantage Webinar:** *Making Time for Everything—Dual Careers and Family Life.* Explore the realities of busy, working partners and making the most of the time and energy we have.

# MAY



Newsletter: Mental health awareness and care.

**Personal Advantage Webinar:** *The Science of Happiness.* Explore the concept of happiness, how it relates to your life, and what intentional activities you can do to increase your life satisfaction.

**Skill-Building Webinar:** *Taking Care of Your Mental Health Dayto-Day.* Learn to incorporate some habits to keep living a life of meaning and purpose. Prevention is the best cure.

## JUNE

# LGBT Pride Month

6/1

**Newsletter:** Self-esteem and LGBTQIA+ information.

**Personal Advantage Webinar:** *PTSD—Let's Get the Facts*. Learn the definition, common myths vs. facts, symptoms, relationship, self-care, and treatment for PTSD.

# JULY



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National Minority Mental Health Month

**Newsletter:** Child and family topics as well as minority mental health information.

**Personal Advantage Webinar:** Planning for Retirement—It's More Than Just the Numbers. Explore the new world of semi-retirement, emotional issues around leaving work, the money, and more.

7/20 **Skill-Building Webinar:** *Effective Parenting Strategies Through Times of Change.* Every child and every family are different. Learn some top tips to be a better you for you and for your kid(s).

# AUGUST



8/1

# **Understanding Neurodiversity**

**Newsletter:** Back-to-school and neurodiversity information.

**Personal Advantage Webinar:** *Engaging Empathy in the Workplace*. Gain a greater understanding of best practices for providing empathy to coworkers and managers while maintaining a professional relationship.

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# **⇒uprise** health

We help today's diverse workplace thrive by improving the lives of their members and families.

We are here to help!



### **SEPTEMBER**

# World Alzheimer's Month



Newsletter: Aging and Alzheimer's information.

Newsletter: Depression education and awareness.

**Personal Advantage Webinar:** *Involvement and Engagement* Explore two actionable concepts: acts of kindness and flow. You will enjoy adding these concepts to your daily/weekly routine in order to help you live a happier, positive, and more purposeful life!



**Skill Building Webinar:** *Finding Meaning and Purpose.* Learn to identify meaning and purpose through individual experience and how meaning can be found or created.

## OCTOBER



**Depression Education Awareness Month** 



10/1

**Personal Advantage Webinar:** *Master Your Spending.* Learn to master the emotional side of money and regain financial dignity so you can become and stay financially healthy.

## NOVEMBER



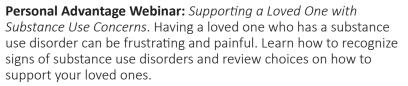


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**Newsletter:** Relationship building, family literacy, and American/ Alaskan Native Heritage Month.



**Skill Building Webinar:** Are Your Saboteurs Getting in the Way of Your Relationship. Get familiar with your inner saboteurs and acknowledge how they got you where you are today.

# DECEMBER



12/1

12/1

The Holidays!

Newsletter: Stress management and the holidays.

**Personal Advantage Webinar:** *Relaxation Rx.* Learn relaxation techniques that provide immediate as well as long-term benefits. Also, learn how to detect burnout triggers and discovery ways to regain a sense of balance and motivation.

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