



READY SET GOAL!

Mind • Body • Spirit • Reflection
2021/2022 Well-Being Calendar





MENTAL WELL-BEING RESOURCES



What do we mean when we talk about wholeness? We mean caring for all aspects of your life — **physical, mental** and **spiritual**. When these three aspects of life are aligned, **we are made whole**.

Too often we neglect our mental well-being, but it's important to make the time and put in the effort to care for this area.

Counseling programs, reduced copays and support for physicians and APPs — Cone Health can help with options to **fit your schedule and budget** so mental well-being becomes part of your life.



Employee Assistance Counseling Program (EACP): helps you learn how to manage conflicts and personal issues — so you can focus on your job.



Outpatient Behavioral Health: evidence-based care offered through Cone Health with an understanding of your unique needs to help you or your family make positive life changes.



LiveLifeWell: programs in exercise and fitness, healthy eating, wellness incentives, condition management programs and weight management to assist you on your personal wellness journey.



Reduced Copays: Cone Health has reduced copays for mental health counseling/therapy. In the Choice Plan, they are \$5; \$0 after deductible in the Save Plan; and \$0 in the Focus Plan, for 2021.



Talkspace: an app-based experience, Cone Health employees can access Talkspace to reach out to a trained mental health professional whenever they need it.



Physician Burnout: Cone Health physicians can access role-specific resources to address depression, apathy and feelings of frustration.



Visit conehealth.com/selfcare or scan this QR code for videos, resources and more.

Employee Assistance Counseling Program (EACP) and Crisis Line: (336) 538-7481

Outpatient Behavioral Health Care: (336) 832-9800

ready, set *goal!*

To help make caring for your whole self a priority, we're offering a goal-setting calendar. Use this calendar as a tool for self reflection, staying motivated and achieving your goals. Each month will have a new focus, and you are encouraged to weave these habits into your life and share your journey along the way. There will be a well-being activity to start, a six-month check-in and an end-of-year wrap-up. Make sure to track your progress along the way. Ready, set, goal!

Take a moment to set some goals, but be open to wherever life takes you along the way.

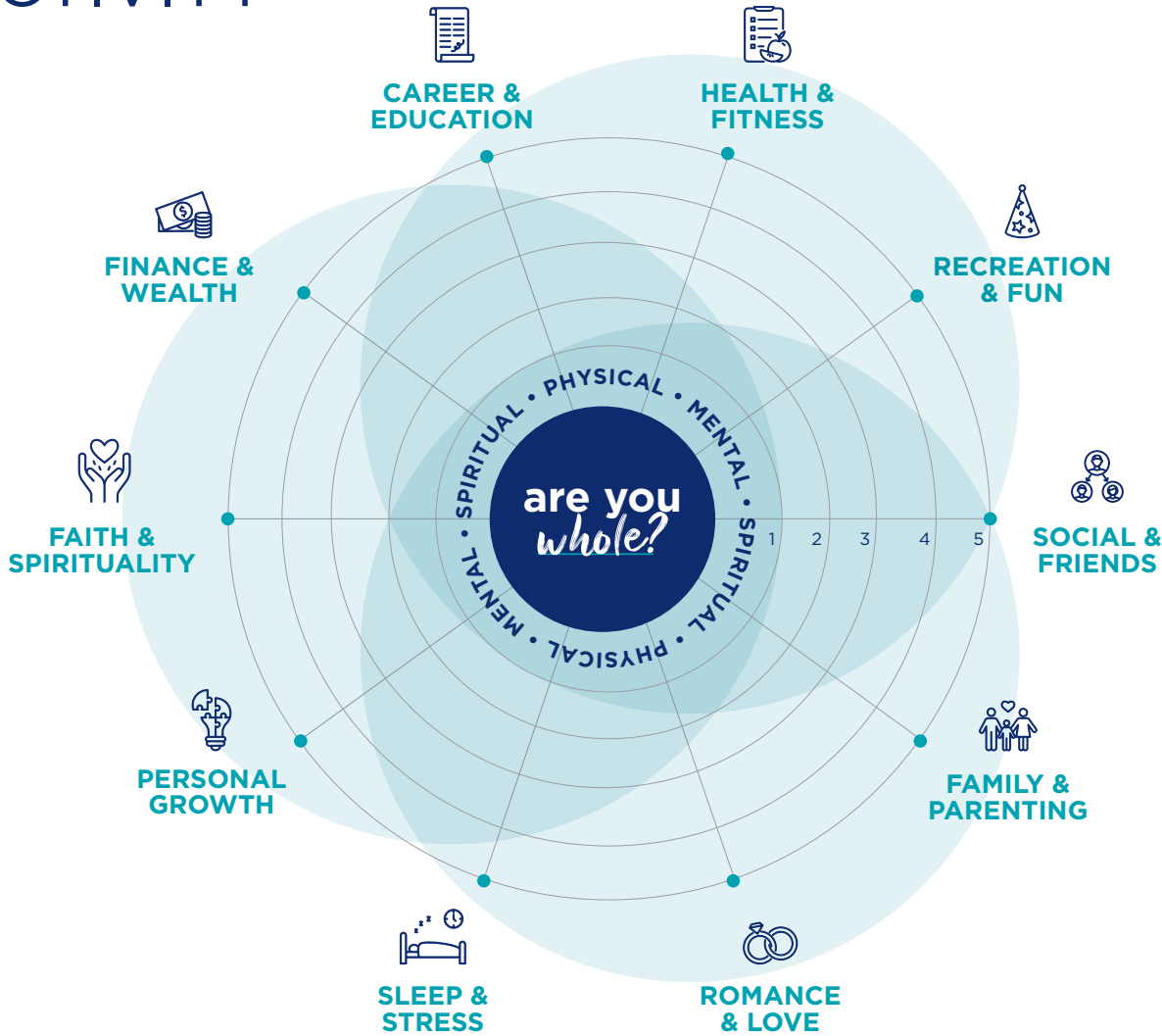
Short-term and long-term goals:

What obstacles do you need to remove:





MENTAL WELL-BEING ACTIVITY



DIRECTIONS: Mark a dot on the line for each category, then connect the dots to build a shape. (A 1 represents needing work while a 5 represents wellness in that area.) The bigger and more round the shape, the more balanced you are mentally, physically and spiritually.

Fill in the number you marked for each category to identify where work is needed on your journey to being whole.

- Health & Fitness _____
- Recreation & Fun _____
- Social & Friends _____
- Family & Parenting _____
- Romance & Love _____
- Sleep & Stress _____
- Personal Growth _____
- Faith & Spirituality _____
- Finance & Wealth _____
- Career & Education _____

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

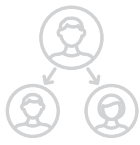
MENTAL WELL-BEING
MAY 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
25	26	27	28	29	30	1 <input checked="" type="checkbox"/>
2 Orthodox Easter <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 Cinco de Mayo <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>
9 Mother's Day <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 Eid al-Fitr <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 YOU CAN DO IT! <input type="checkbox"/>
16 <input type="checkbox"/>	17 Tax Day <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>
23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>
30 <input type="checkbox"/>	31 Memorial Day <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>



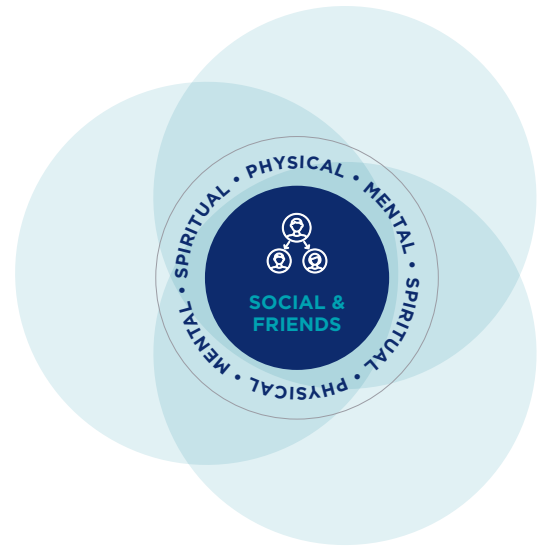
“Nothing is impossible. The word itself says I’M POSSIBLE.” — Audrey Hepburn



JUNE 2021 MONTHLY FOCUS SOCIAL & FRIENDS

Change is hard for most of us and implementing new habits can be a challenge at times. But **having an accountability partner can help**. Find a partner who is committed, motivates you and will guide you towards reaching your goals.

Don't be all work and no play. Take time to weave in social activities. This can be a way to establish new relationships and de-stress.



Leader Tip: Encourage team members to establish an accountability partner to start their well-being journey with. Staying accountable is important for achieving goals. Joining the One Cone One Book Club could be a good way to establish new relationships and have an open dialogue with colleagues.

Three ways to integrate social activities and strengthen friendships this month:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

SOCIAL & FRIENDS
JUNE 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 Memorial Day	1 <input checked="" type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
13 <input type="checkbox"/>	14 Flag Day	15 GREAT JOB! <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 Juneteenth <input type="checkbox"/>
20 Father's Day <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>
27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>



“Don’t sit down and wait for the opportunities to come.
 Get up and make them.” — Madam C.J. Walker



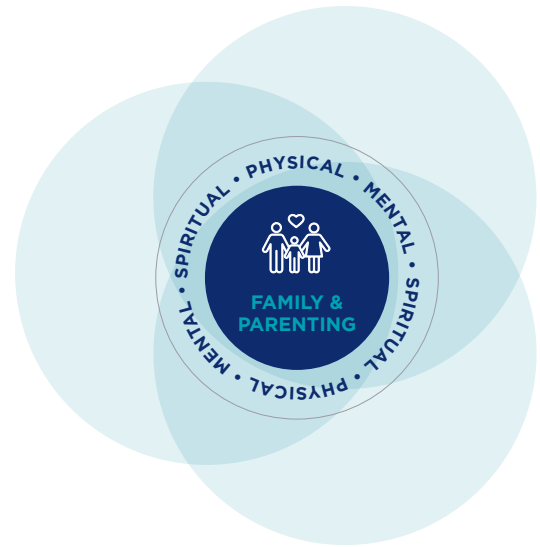
JULY 2021

MONTHLY FOCUS

FAMILY & PARENTING

A family unit is complex and can be a blend of relatives and friends. No matter how you personally label “family,” it is now more important than ever that you give those you love your **full attention** and **create meaningful moments**.

Create memories. Get outside, unplug and unwind with your family. How can you eliminate distractions from interaction?



Leader Tip: Now more than ever, human interaction and connection is important. Those nearest and dearest to us deserve real conversation and our full attention when we are with them. Ask team members how they create meaningful moments with their loved ones.

Three ways to strengthen family bonds and focus on productive parenting this month:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

FAMILY & PARENTING
JULY 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	1	2	3
				✓	○	○
4 Independence Day	5 Independence Day (Observed)	6	7	8	9	10
○	○	○	○	○	○	○
11	12	13	14	15	16	17
○	○	○	○	STAY FOCUSED!	○	○
18	19	20 Eid al-Adha	21	22	23	24
○	○	○	○	○	○	○
25	26	27	28	29	30	31
○	○	○	○	○	○	○



“Success is its own reward, but **failure** is a great teacher, too, and **not to be feared.**” — Sonia Sotomayor



AUGUST 2021 MONTHLY FOCUS ROMANCE & LOVE

It's easy to take for granted the people closest to us. Oftentimes, our partners, family and friends face the most neglect. Giving your **time and attention** to your loved ones will go a long way. What can you do to acknowledge them and **give thanks**?

Sometimes, it's the little things that go without appreciation. How can you spread kindness and show more love to the important people in your life?



Leader Tip: Take time to say thank you to those that you love and have an attitude of gratitude. Encourage team members to spread kindness and love at work through our CHeeRs system. What ways can they create a loving environment at home and while at work?

Three ways to focus on sparking romance and spreading love this month:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

ROMANCE & LOVE
AUGUST 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
1 <input checked="" type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>
15 AWESOME! <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 Ashura <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>



“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.” — Francesca Reigler



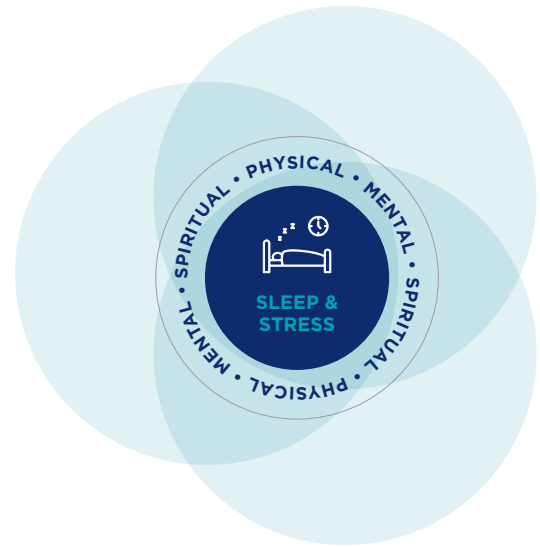
SEPTEMBER 2021



MONTHLY FOCUS SLEEP & STRESS

It's clear how much we can benefit from turning inward to **find stability and space**. Getting a good night's sleep is one of the most powerful ways to reduce stress and **improve happiness**. What is your nighttime routine and how is it affecting your sleep?

Blue light from your phone can be harmful to your eyes and make it difficult for you to get good rest. Maybe it's time to put down the phone — at least before bed!



Leader Tip: Cultivating a peaceful mindset at bedtime has been shown to increase sleep time, improve sleep quality and make it easier to fall (and stay) asleep. Encourage team members to set up some guidelines for their nighttime routine. Cone Health offers the Calm app at 40 percent off!

Three ways to introduce healthier sleep habits and cope with stress this month:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

SLEEP & STRESS
SEPTEMBER 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
29	30	31	1	2	3	4
			✓	○	○	○
5	6 Labor Day Rosh Hashana	7	8	9	10	11
○	○	○	○	○	○	○
12	13	14 KEEP GOING!	15 Yom Kippur	16	17	18
○	○	○	○	○	○	○
19	20	21	22	23	24	25
○	○	○	○	○	○	○
26	27	28	29	30	1	2
○	○	○	○	○	○	○



“In every day, there are **1,440 minutes**. That means we have 1,440 opportunities to make a **positive impact**.” — Les Brown



OCTOBER 2021 MONTHLY FOCUS PERSONAL GROWTH

Personal growth is the foundation for your overall well-being. It is what allows you to reach **new levels of happiness** — but it is an ongoing process. It can be hard to identify what may be holding you back from being the **best version of yourself**.

Utilize EACP and have an objective, unbiased view of what may be preventing you from reaching your goal.



Leader Tip: Personal development pulls from almost every area of your life and it can be hard to identify categories that will help you become your best self. Encourage team members to utilize EACP for individual as well as group counseling.

Three habits you can implement this month to become a better version of yourself:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

PERSONAL GROWTH
OCTOBER 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	29	30	1	2
					✓	○
3	4	5	6	7	8	9
○	○	○	○	○	○	○
10	11 Columbus Day Indigenous Peoples' Day	12	13	14	15 GREAT WORK!	16
○	○	○	○	○	○	○
17	18	19	20	21	22	23
○	○	○	○	○	○	○
24	25	26	27	28	29	30
○	○	○	○	○	○	○
31 Halloween	1	2 Election Day	3	4 Diwali	5	6
○						



“Mental health ... is not a destination, but a process. **It's about how you drive**, not where you're going.” — Noam Shpancer, PhD

we're halfway!

It's time to check in on your well-being journey. While it's important to stay committed to your goals, it's possible that your priorities have changed and evolved over the last half of the year — and that's great!

Evaluate the progress you have made over the last six months. Have your overall goals shifted? Maybe it's time to prioritize a few goals that have been neglected.

Goals that were met:

Challenges to overcome:

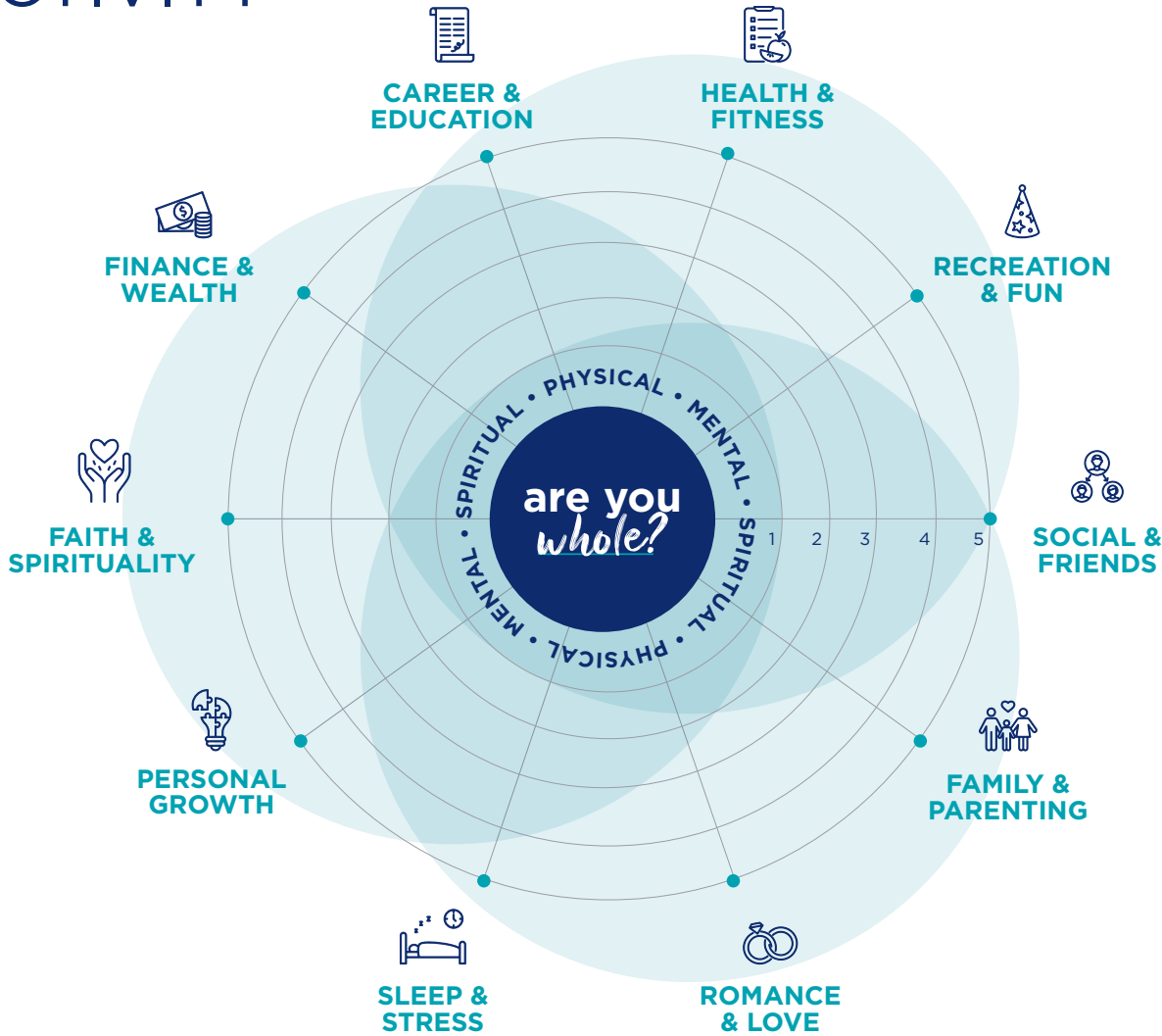


your achievements





6-MONTH CHECK-IN ACTIVITY



DIRECTIONS: Mark a dot on the line for each category, then connect the dots to build a shape. (A 1 represents needing work while a 5 represents wellness in that area.) The bigger and more round the shape, the more balanced you are mentally, physically and spiritually.

Fill in the number you marked for each category to identify where work is needed on your journey to being whole.

- | | |
|--------------------------|----------------------------|
| Health & Fitness _____ | Sleep & Stress _____ |
| Recreation & Fun _____ | Personal Growth _____ |
| Social & Friends _____ | Faith & Spirituality _____ |
| Family & Parenting _____ | Finance & Wealth _____ |
| Romance & Love _____ | Career & Education _____ |

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

YOU'RE HALFWAY!
NOVEMBER 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
31 Halloween	1	2 Election Day	3	4 Diwali	5	6
	✓	○	○	○	○	○
7 Daylight Saving Time	8	9	10	11 Veterans Day	12	13
○	○	○	○	○	○	○
14	15 HALFWAY THERE!	16	17	18	19	20
○	○	○	○	○	○	○
21	22	23	24	25 Thanksgiving	26 Native American Heritage Day	27
○	○	○	○	○	○	○
28 Hanukkah	29	30	1	2	3	4
○	○	○				



“Increasing the strength of our minds is the only way to reduce the difficulty of life.” — Mokokoma Mokhonoana



DECEMBER 2021 MONTHLY FOCUS FAITH & SPIRITUALITY

Positive beliefs, comfort and strength gained from meditation, and prayer or religion can contribute to your overall well-being. It may also help you **cope better with stress** and give you a sense of inner peace, comfort and connection.

Set aside time every day to do the things that help you spiritually. What brings you the most peace and positivity?



Leader Tip: Spiritual health looks different to every team member. Encourage them to find what grounds them and connect to that daily. Spark a conversation on what activities bring comfort and settle the mind.

Three ways to focus more on what gives you peace through your faith and spirituality:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

FAITH & SPIRITUALITY
DECEMBER 2021



SUN	MON	TUES	WED	THURS	FRI	SAT
28 Hanukkah	29	30	1	2	3	4
			✓	○	○	○
5	6	7	8	9	10	11
○	○	○	○	○	○	○
12	13	14	15	16	17	18
○	○	○	YOU GOT THIS!	○	○	○
19	20	21	22	23	24 Christmas Eve	25 Christmas Day
○	○	○	○	○	○	○
26 Kwanzaa	27	28	29	30	31 New Year's Eve	1 New Year's Day
○	○	○	○	○	○	○



“What drains your spirit, drains your body.
What fuels your spirit fuels your body.” — Caroline Myss



JANUARY 2022



MONTHLY FOCUS FINANCE & WEALTH

We all know that finances can be a big stress factor in our lives. Think about your financial health and wealth goals for the next year. What will help you feel more **in control** of your finances and build wealth for your **future goals and dreams**?

The habits that you implement today will affect your plans for tomorrow. Take an honest look at the financial plan you have in place.



Leader Tip: Offer the following questions for thought to team members :
Do you have control over day-to-day and month-to-month finances? Are you on track to meet your financial goals? Do you have the financial freedom to make the choices that allow you to enjoy life?

Three ways to introduce healthier financial and wealth habits into your life:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

FINANCE & WEALTH
JANUARY 2022



SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	29	30	31 New Year's Eve	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15 LOOK AT YOU!
16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1 Lunar New Year 1 st Day of Black History Month	2 Groundhog Day	3	4	5



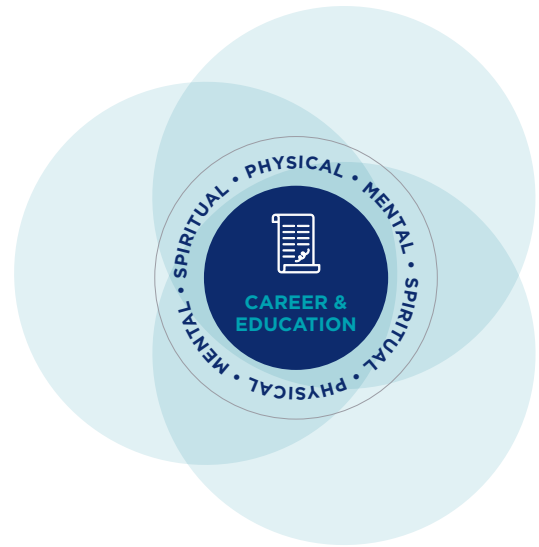
“Once you **replace negative thoughts** with positive ones, you’ll start having **positive results.**” — Willie Nelson



FEBRUARY 2022 MONTHLY FOCUS CAREER & EDUCATION

People underestimate the influence their career and education have on their overall well-being. Education can **enrich your life** and be a platform to reach career goals. What makes you **happy to come to work** every day? What is your why?

Managing all of these things can be a balancing act. Think of ways you can manage your time so everything fits into your lifestyle.



Leader Tip: Have team members think about what motivates and drives them to come to work every day. Does education play a role in their next steps? Encourage team members to identify a person in their life as a mentor — someone who could be a source of wisdom, support and advice.

Three ways to focus on your career and education goals:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

CAREER & EDUCATION
FEBRUARY 2022



SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1 Lunar New Year 1 st Day of Black History Month <input checked="" type="checkbox"/>	2 Groundhog Day <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
13 <input type="checkbox"/>	14 Valentine's Day <input type="checkbox"/>	15 <input type="checkbox"/> KEEP IT UP!	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>
20 <input type="checkbox"/>	21 Presidents' Day <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>
27 <input type="checkbox"/>	28 <input type="checkbox"/>	1 1 st Day of Women's History Month <input type="checkbox"/>	2 Ash Wednesday <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>



“Be grateful for what you have and be ready to share it when the time comes.” — Michelle Obama



MARCH 2022 MONTHLY FOCUS HEALTH & FITNESS

Cone Health wants to **empower employees** to take charge of their physical well-being. A variety of **fitness activities**, events and facilities are available, as well as virtual and in-person options. What are some programs you could try out?

Start to add in a few healthier meal options by packing a lunch and a few snacks — we know you're always on the go!



Leader Tip: Encourage team members to complete at least one exercise activity this month with their accountability partner. There are multiple resources available through LiveLifeWell. Possibly a hike? A virtual fitness session? What are some other activities that you could share?

Three ways to begin a healthier lifestyle and create a more fit you:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

HEALTH & FITNESS
MARCH 2022



SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	1 1 st Day of Women's History Month	2 Ash Wednesday	3	4	5
6	7	8	9	10	11	12
13 Daylight Saving Time	14	15 ALMOST THERE!	16	17 St. Patrick's Day	18 Holi	19
20	21	22	23	24	25	26
27	28	29	30	31	1 April Fools' Day	2 Beginning of Ramadan



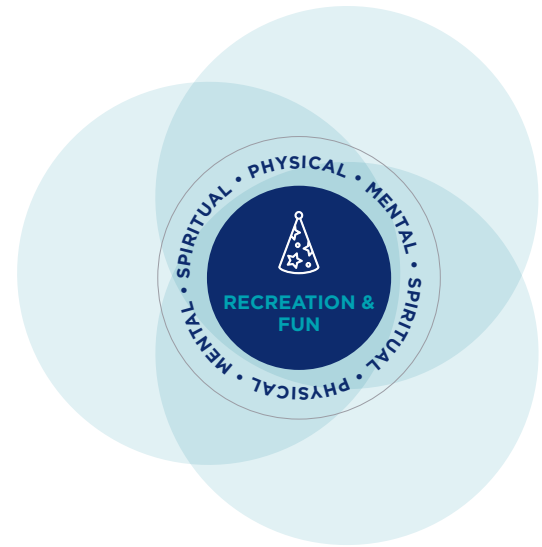
“Victory comes from **finding opportunities** in problems.” — Sun Tzu



APRIL 2022 MONTHLY FOCUS RECREATION & FUN

It's been quite a year! But **you did it** and now it's time to celebrate with a little recreation and fun. Along with all the new habits that you have formed, what activities **bring you the most joy**? Make a list of things that create happiness in your life.

Be sure to stay accountable for all the healthy and positive habits you have created over the past year — and continue to improve each day!



Leader Tip: It's been a year of self-development, implementing new habits and introducing new activities into our lives. Encourage team members to keep moving forward with everything they have put in place over the past year. Ask what their biggest takeaway was from this process.

Three ways to celebrate your success with recreation and fun:

Short term and long term:

What obstacles do you need to remove:

Mind • Body • Spirit • Reflection
ready, set *goal!*
 2021/2022 Well-Being Calendar

RECREATION & FUN
APRIL 2022



SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31	1 April Fools' Day	2 Beginning of Ramadan
3	4	5	6	7	8	9
10 Palm Sunday	11	12	13	14 WAY TO GO!	15 Tax Day Good Friday Passover	16
17 Easter	18 Easter Monday	19	20	21	22 Earth Day	23
24 Orthodox Easter	25	26	27	28	29	30



“Doing the best at this moment puts you in the best place for the next moment.” — Oprah Winfrey

one year review

Now is the time to look back over the year and assess the progress you made. Were you able to achieve the goals you set out in May? How did your objectives shift as the year went on? Did you discover new aims that made more sense in your quest for wholeness?

Use the space below to write down your thoughts on how you are different — physically, mentally and spiritually — than you were 12 months ago.

Lessons learned:

Personal reflection:





1-YEAR REVIEW ACTIVITY



DIRECTIONS: Mark a dot on the line for each category, then connect the dots to build a shape. (A 1 represents needing work while a 5 represents wellness in that area.) The bigger and more round the shape, the more balanced you are mentally, physically and spiritually.

Fill in the number you marked for each category to identify where work is needed on your journey to being whole.

- | | |
|--------------------------|----------------------------|
| Health & Fitness _____ | Sleep & Stress _____ |
| Recreation & Fun _____ | Personal Growth _____ |
| Social & Friends _____ | Faith & Spirituality _____ |
| Family & Parenting _____ | Finance & Wealth _____ |
| Romance & Love _____ | Career & Education _____ |

