

# Worksite Wellness



Health Net's Wellness Team has put together a three part pre-recorded series on *Rise to the Challenge: Health & Wellness at Home*. Individuals can click on the links below to listen and view the presentations. The presentation topics are listed below each series recording link below.

## Rise to the Challenge: Health and Wellness at Home

### Part 1 Recording Link:

[https://centene.zoom.us/rec/share/ppxnKoP\\_q39LfKPX73rVVIMcT5DX6a8gXAX\\_KAKYkcoogMXMkrnmSsr5guZnSVj](https://centene.zoom.us/rec/share/ppxnKoP_q39LfKPX73rVVIMcT5DX6a8gXAX_KAKYkcoogMXMkrnmSsr5guZnSVj)

#### Presentation Topics:

1. A new way of working at home
2. Managing anxiety
3. Social connection
4. Leverage your sphere influence
5. Physical activity at home
6. Healthy eating tips
7. Health Net programs can help

### Part 2 Recording Link:

[https://centene.zoom.us/rec/share/v\\_J1IqDe8j9JWImRynj9SukLLzOaaa8hCcaq\\_tYzRo7YoKqM-1OxmfTqPbTIQ4o](https://centene.zoom.us/rec/share/v_J1IqDe8j9JWImRynj9SukLLzOaaa8hCcaq_tYzRo7YoKqM-1OxmfTqPbTIQ4o)

#### Presentation Topics:

1. Rest and play
2. Financial well-being
3. Finding balance
4. Managing expectations
5. Connection, empathy and compassion
6. Resilience
7. Meditation: finding our breath
8. Health Net programs can help

### Part 3 Recording Link:

<https://centene.zoom.us/rec/share/95xKEYjP2VFIU43w0wbNXvYZOr3baaa823RM8vdezkr5vz0euDjDYycxwam1ejfj>

#### Presentation Topics:

1. Be an influence for good
2. Gratitude
3. What's going well
4. Boosting your immune system
5. Mindful mini-breaks
6. Healthy shopping tips
7. Physical and mental wellness
8. Health Net programs can help

Thank you,

Kristen

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