January 2024 Newsletter Content:

Starting Strong Together in 2024

As you gear up for a great year ahead there are some great, no-cost opportunities to support *YOU,* mentally and physically. Register for a [webinar](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D164261935), join the [Get Fit Challenge](https://getfittexas.org/), take a [virtual fitness class](https://www.wellness.texas.gov/Challenge.htm), enroll in a [healthy lifestyle program](https://healthselect.bcbstx.com/health-and-wellness-incentives/weight-management-programs), listen to a [podcast](https://erswalkandtalk.buzzsprout.com/), or join a [mindfulness session](https://www.gotostage.com/channel/a46fbe06603048aab38de36e55bbdb5a/recording/e564a45f18d94a96afbc4899610386c9/watch?source=CHANNEL). There are lots of ways to connect, learn and grow in 2024.

# Webinars:

**Beyond Bookshelves: The Role of Libraries in your Well-being.** On January 11, 2024 from 10-11 a.m. CT**, Discover how your local library can support you and your overall well-being. In this webinar, Texas State Library & Archives Commission (TSLAC) experts will guide you through ways libraries can be leveraged as dynamic tools for education, research, and relaxation.** [Beyond Bookshelves registration link](https://attendee.gotowebinar.com/register/8941042075784009824)

**Thrive by Design: Building Strong Habits in 2024. On January 18, 2024 from 10-11 a.m. CT, explore the art of building strong habits in a virtual workshop led by Lacy Wolff, Coordinator for Statewide Well-being Initiatives. Set the foundation for a fulfilling year in this session as you step into 2024. You will be guided through practical strategies and exercises grounded in behavior change research.** [Thrive by Design Registration Link](https://attendee.gotowebinar.com/register/1631879100996320857)

# More Resources:

**Join the** [**Get Fit Texas! challenge**](https://getfittexas.org/)**:** From January 22-March 31, this challenge will inspire you to get active in an agency-to-agency competition. By accepting the challenge, take on physical activity for 150 minutes per week for at least 6 of the 10 weeks of the challenge. Registration opens January 18th. Contact your agency’s Human Resources to find out about any rewards offered for completing the challenge.

**Read an Article (<3 min read):** Kick off this year with systems to reach your goals! In this quick read, [“Be the Change you Want to See in your Life,”](https://ers.texas.gov/news/be-the-change-you-want-to-see-in-your-life) learn how identity-based habits and systems can help you to reach your goals in 2024 and beyond.

**Download a habit tracker:** Download our [free digital habit tracker](https://ers.texas.gov/wellness-resources/wellness-coordinators/wellness-toolkits/january/habit-tracker-checklist) and start off 2024 using an evidence-based tool for creating behavior change. Decide what habits you want to focus on (smaller is better) and check them off day-by-day for long-lasting change!

**Start a healthy lifestyle program**: If you are a HealthSelect or Consumer Directed HealthSelect participant can join a no-cost progrm to support your nutrition, physical activity, sleep and stress. Check out [Wondr Health](https://enroll.wondrhealth.com/start?s=HealthSelect) and [Real Appeal](https://realappeal.com/healthselect?utm_source=referral&utm_medium=print&utm_campaign=healthselect) for more information and to apply today!

**Listen to a podcast:** Check our the library of resources available to learn about a health topic while you are on the go. Subscribe to the [ERS Walk & Talk podcast](https://erswalkandtalk.buzzsprout.com/) wherever you listen to podcasts.

**DAILY FITNESS & WELLNESS: Keep moving during January for free!** Join encouraging fitness and mindfulness sessions featuring fitness instructors who are also state employees. The Work Well Texas Virtual Fitness offerings are year-round, weekday sessions that keep us moving TOGETHER! Check out the [full calendar of events](http://wellness.texas.gov/Challenge.htm) to join via Zoom from anywhere.