September Email: Work-Life Balance

Dear XXXX employees,

September is a time of transition and is in many ways has a “new year” feel. Especially now, with children going back to school, fall sports in full swing, and many people starting to transition back to the workplace. For the month of September, we are focusing on strategies to balance our many obligations, hobbies, and important relationships.

In a day, we all start with the same 24 hours. If you work 8 hours, sleep 78 hours each day, add in a lunch hour and a commute, you are left with 6-7 hours each day for household tasks, exercise, time with your loved ones and your hobbies.

The question is, how do you feel when you get to the non-“working” part of your day? Do you have energy to do all the things you *want* to do? Many of us would like to spend more “quality” time with our family and friends, exercise more, eat healthy food, etc. but don’t have energy at the end of the day.

Learning to uni-task, or do one thing at a time, taking brain breaks, and eliminating distractions is a scientifically proven way to keep your brain healthy, reduce fatigue, and increase energy levels. This month, through the ERS Wellness Webinars and [Walk & Talk Podcast](https://erswalkandtalk.buzzsprout.com/), you will hear experts discuss ways to do this!

See the attached flyer for full details on this month’s events. [Attach flyer and include any incentive opportunities you provide] Also, you can learn more and register for these events through the [ERS Wellness Events Calendar.](https://ers.texas.gov/Event-Calendars/Wellness-Events)

Thanks for all you do!

Sincerely,

Your Wellness Coordinator