

You FIRST

Your Month of Well-being

August 2026

Wellness Works: Tips, Tools and Inspiration

In honor of National Wellness Month, August is a great time to pause and prioritize your overall well-being. As summer winds down and routines begin to pick up again, it offers a natural moment to reflect, reset and refocus on your mental, emotional and physical health. Since so much of our time is spent at work, creating healthy habits in that environment is especially important. Small, intentional actions—like managing stress, building positive routines, or strengthening confidence—can make a lasting difference.

Build a Workspace that Works for You

- **Create a calm, intentional workspace.** Add plants, declutter and adjust lighting or seating to reduce stress and improve focus.
- **Personalize your space.** Photos, affirmations or subtle scents can boost motivation and connection.
- **Prioritize comfort.** Adjust your chair, monitor and keyboard to support posture and reduce strain. Click [here](#) to learn more!
- **Use natural light.** Sunlight can help improve mood, energy and concentration.
- **Set clear boundaries.** A dedicated workspace helps separate work and personal time.
- **Optimize your workspace layout.** Arrange your setup around your most frequent tasks—keep essential items within reach and minimize clutter to maintain focus and efficiency throughout the day.

Sources: Self-Care Tips and Resources for the Workplace |
OshaEducationCenter.com
How to stay positive at work: 18 tips to train your mind — Calm Blog

Mindset Matters: Positive Thinking at Work

- **Start your day with intention.** Even one positive statement in the morning can help set the tone for productivity and resilience. (Ex: *"I am capable and prepared for the work ahead of me."*)
- **Reframe challenges.** Shift your perspective by viewing obstacles as opportunities to learn and grow.
- **Practice gratitude.** Take a moment each day to recognize what's going well—this can improve outlook and motivation.
- **Pause and reset during the day.** Use brief moments to check in with your mindset, take a breath, and refocus when needed. Try this simple method:
 - Pause** – Step away from your screen or task
 - Breathe** – Take 3–5 slow, deep breaths
 - Check in** – Ask yourself: *"What do I need right now to move forward?"*
 - Refocus** – Return with a clear, intentional next step

Move More, Stress Less: Desk Wellness

Sitting for long periods can impact both physical and mental health, but small movement breaks can make a difference. Even brief breaks to stand, stretch or walk can help reduce muscle strain, improve focus and boost overall well-being.

Incorporate movement into your workday by:

- **Trying desk stretches.** Gentle stretches can relieve tension in your back, neck and shoulders.
- **Setting movement reminders.** Use a timer or calendar alerts to remind yourself to stand, stretch or walk at regular intervals, especially during long periods of focused work. [Research shows stepping away helps restore focus and reduce burnout.](#)
- **Incorporating small movements into tasks.** Take the stairs when possible, stand during phone calls or walk to a colleague's desk instead of emailing—small changes can add up in the day.

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and well-being!

August 5th, 2026, at 12pm - Wellness Beyond the Desk: Balancing Career and Personal Life

This webinar explores the importance of workplace wellness and how your environment, habits and mindset impact overall well-being. Learn practical strategies—from creating a supportive workspace to managing stress and building healthy routines—to help you stay focused, balanced and productive throughout your workday.

Click [here](#) to register!



CareFirst BlueCross BlueShield Member Resources

- **One-on-One Health Coaching:** As part of CareFirst WellBeingSM, you can participate in personal health coaching—at no cost to you. Your health coach will work with you and provide the support, guidance and encouragement you need to see real results!
- **Noom:** Designed to help you achieve and maintain a healthy weight, it can also help lower the risk for chronic conditions like diabetes. There is no cost to you, and your privacy is assured!
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful, lasting lifestyle changes.
- **Inspirations and Unwinding:** Find help to reduce daily worry and stress. Both programs include videos and audio for relaxation, mindfulness and better sleep behaviors.

To access the above resources, log in to or sign up for CareFirst WellBeing. Once logged in, select *Your Wellness Resources*. Next, click *Health & Fitness* or *Relax & Reset* and then the program of interest.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

Members need to meet clinical eligibility criteria through an online assessment. Noom is an app-based program. Eat Right Now is app-based and available on the web. Eat Right Now is administered by Sharecare, Inc. and Noom is administered by Noom, Inc., independent companies that provide health improvement management services to CareFirst members. Sharecare, Inc. and Noom do not provide CareFirst BlueCross BlueShield products or services and are solely responsible for the health improvement management services they provide.

2026 RealAge[®] Sweepstakes: Coming Soon!

Curious about your RealAge? The RealAge health assessment estimates your body's age based on your lifestyle, health history, and more. Complete the assessment in [CareFirst WellBeing](#) between **September 1–30, 2026** for a chance to earn a prize through the upcoming sweepstakes.

Keep an eye out for more information in the coming weeks!