

2024 WELLNESS COURSES

QUARTER 1

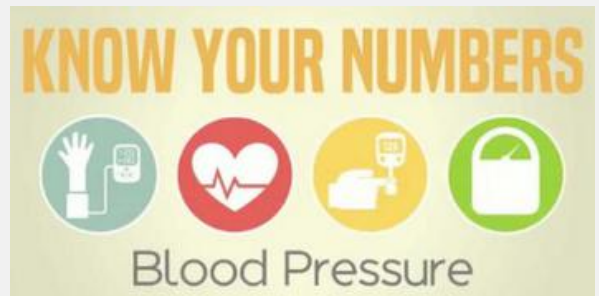
JANUARY: ALL IT TAKES IS 10 MINDFUL MINUTES

In this ted talk, Andy Puddicombe describes the transformative power of simply taking a moment to refresh your mind. You'll learn about the right state of mind, how to make the most of meditation and how to use it as a tool for stress management.



FEBRUARY: KNOW YOUR NUMBERS - BLOOD PRESSURE

This is an elearning course that gives you the basics on how to monitor and manage your blood pressure. In this course we're going to discover how blood pressure is measured, the healthy and unhealthy ranges, and what your results may mean for your overall health.



MARCH: GET A BETTER NIGHT'S SLEEP

In this course, you'll learn about the actions you can take during the day that will contribute to better sleep at night. You'll discover how to create a bedtime routine that helps you fall asleep easily. And finally, you'll learn how to evaluate your sleep environment and make the changes that will help you be more comfortable.



QUARTER 2

APRIL: THE WELLBEING MINDSET

It can feel like you're always being told how to be the 'best version' of yourself. This module strips back all the noise about what positive wellbeing is, and explains how you don't need to bend over backwards to achieve it.



MAY: MENTAL HEALTH - DESTIGMATIZING

This program discusses ways in which we can destigmatize mental illness. We talk about educating others by removing offensive language and descriptors, and talking openly about mental conditions rather than hiding them. Most importantly, we discuss how we can combat exclusion by showing compassion and respect to sufferers.



JUNE: WHAT YOGA DOES TO YOUR BODY AND BRAIN

Yoga provides a blend of physical and mental exercise, and in this video lesson creator Krishna Sudhir shows how it increases strength and flexibility, boosts heart and lung function, and puts you in a more balanced state of mind. Learn how you can incorporate the mindfulness and fitness principles of yoga into your life to relieve stress and improve your mental and physical well-being.



QUARTER 3

JULY: TIPS & TRICKS TO HELP IMPROVE YOUR MEMORY

This is an elearning course that delivers exactly what the title suggests – useful tips and tricks you can use to assist with your memory. When you take this course you'll acquire strategies to combat memory loss and improve your memory.



AUGUST: CREATING A BUDGET

In this course we'll cover how to evaluate your current spending to identify fixed and variable expenses and prioritize needs over wants. You will also learn how to choose the most effective budgeting tools and systems for your household so you can meet your financial goals.



SEPTEMBER: DEALING WITH SUICIDAL FEELINGS

Have you ever noticed somebody acting strange and withdrawn? Maybe you suspect that they are sad or need someone to talk to. Sometimes people become so overwhelmed with a problem in their life that they contemplate intentionally taking their own life. This means knowing how to talk about suicide, however uncomfortable it may be, can save someone's life.



QUARTER 4

OCTOBER: RECOGNIZING & TREATING STROKES

In this course, you are being taught how to use the acronym FAST to help assess whether or not a stroke is happening and are given some tips in the event that if you see a person having a stroke.



NOVEMBER: KNOW YOUR NUMBERS - GLUCOSE

This is an elearning course that gives you the basics on glucose and how it is metabolized by your body. In this course, you'll learn how glucose is tested, what the results may mean, and how often you should have your glucose checked by a healthcare professional. You'll also learn about how glucose and insulin work together to give your body energy.



DECEMBER: HELPING OTHERS MAKES US HAPPIER - BUT IT MATTERS HOW WE DO IT

In this ted talk, Elizabeth Dunn explains how one key shift in the way we help can make a greater impact on others and boost our own happiness, too. You'll learn why being more intentional about your contributions to charities, non-profit and public sector initiatives matters.



ENROLLMENT INSTRUCTIONS

HOW TO ENROLL:

To enroll in a course, log into TeamRoehl.com, click Training, click Content Library, then use the Search feature in the top to search for course names. Once you've found a course you want to complete, click on the course title, then Start this course to begin learning!

VIRGIN PULSE: QUESTIONS

HOW TO RECIEVE POINTS FOR COMPLETING A COURSE:

To earn points toward the Virgin Pulse quarterly prizes, begin by logging into the Virgin Pulse App. Once in the app continue to the rewards page by clicking on rewards at the top of the page. Click on Learn How to Earn More Points. Then go to the participation category and select "Roehl Wellness Course" to complete the attestation form. You will need to enter your first and last name, a description of the activity, and the date of when you completed the activity/course.

HOW MANY POINTS WILL I RECEIVE:

You can earn 50 points for each course and up to 150 points in each quarter. If you complete all 12 courses offered in 2024 you can earn 600 points toward quarterly prizes.
