

08 August 2025

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EFR EMPLOYEE & FAMILY RESOURCES

Full Circle

It's time to check in with all eight dimensions of wellbeing! See the list below and see how many you can check off!

- **Physical:** Eat breakfast every morning
- **Intellectual:** Read a book
- **Occupational:** Take a lunch break each day
- **Environmental:** Spend time outdoors
- **Spiritual:** Sign up to volunteer for a cause you support
- **Social:** Go for a walk with a friend
- **Emotional:** Journal about an important time in your life
- **Financial:** Explore your Financial Consultation EAP benefit!

Scan the QR code or call
800-327-4692 to learn more.

