



April 2, 2020

# Wellness Connections

Mind. Body. Spirit.

*Welcome to our new Wellness Connections newsletter.  
Our goal is to offer employees resources to stay resilient and well.*



Reliant Behavioral Health, our employee assistance/resilience building program, has been in our benefit lineup since early 2012 providing a wealth of services to our employees and their families. Explore the resources they can provide, by going to **RBH** and using GoWashCounty as the password.



## Workouts for One

Staying Fit in Extraordinary Times

Your body needs physical movement whether at home or in the office. While gyms are closed, try these easily adaptable **Workouts for One**.



## Food Hero

Fun, Fast and Tasty Food to Fit Your Budget

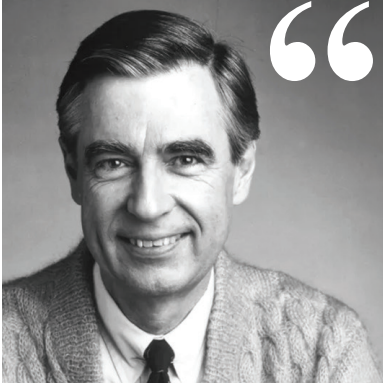
Nutrition is one of the pillars of health! Check out, **Food Hero** for quick, tasty, healthy recipes and helpful tips. Whether you're a beginner or a pro, you'll find something new for your family to enjoy.



## Self Care

Emotional, Physical and Spiritual

Reliant Behavioral Health is there for you **and** your family. They focus on self care that includes emotional, physical and spiritual wellbeing. Click [here](#) for ideas to keep you well.



When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'

- Fred Rogers

## How to Deal With Anxiety During COVID

If you're feeling anxious, sad, lonely, scattered or worried—you should know that it's normal. Watch this [video](#) outlining steps to deal with the mental stress of COVID-19.

As public employees, we are all "helpers"  
**THANK YOU!**

