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.

As public employees, we are all “helpers”

THANK YOU!

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.

Washington County Wellness Program
Healthy Employees. Healthy County.