

Wellbeing Resources January 2026



Permission to Pause: Gentle New Beginnings

Welcome back from winter recess!

As we begin the new year, it is time to set gentle intentions and embrace self-compassion.

Exhaustion is real, so build in time to pause, take breaks, and return to work with clarity and care.

Webinars

Finding Belonging: How to Build Community Wherever You Are January 6, 2026, 12:00 p.m.

This inspiring and practical session will help you chart your current social connections, identify opportunities to strengthen relationships, and create purposeful moments of connection in everyday life.

Self-Care 101

January 14, 2026, 12:00 p.m.

Self-care is the remedy for our frequently stressful, busy lives. This workshop aims to increase knowledge and awareness of the complex aspects of self-care.

The Digital Caregiver: Apps, AI, and Resources That Simplify Care Today

January 21, 2026, 12:00 p.m.

Technology is changing how families handle caregiving, from scheduling appointments to tracking health and staying in touch. Discover how technology can make caregiving easier, more organized, and less stressful. ***You must have a Wellthy account to enroll in the webinar. Get started here.**

Article

Having Work Friends Can Be Tricky, But It's Worth It

Podcasts

KGA Emotional Wellness Podcasts

Video

Why Social Health Is Key to Happiness and Longevity

Resources

- KGA Confidential Self-Screenings
- In the Moment Support

LinkedIn Learning

Wellbeing as a Habit: Tips and Best Practices

Apps

- Flourish
Happiness and Life Satisfaction
- MindTide
Stress and Anxiety Self-help
- Happier Meditation
Mindful Meditation
- Crimson Zip
Connect, Move, Thrive!

The Office of Work/Life Programs & Resources

Employee Assistance Program

- Counseling (24/7) up to 6 sessions
- Coaching, consulting, and referrals
- Confidential and available 24/7, 877-327-4278

Dependent Care

- Child Care Centers
- Child Care Scholarships
- Adoption Assistance
- Finding Child Care
- Backup Care (Adult and Child)
- Lactation Rooms
- Senior Care Concierge

Mental Health Support

- Manager Mental Health Training
- Resources

Mindfulness

- Mindful Movement, on demand
- Daily Guided Meditations, live
- Mindfulness Challenge, self-paced

