

SAN FRANCISCO HEALTH SERVICE SYSTEM

Better Every Day.



It's that time of the year when many of us begin a journey of self-improvement and well-being by [setting intentions](#) and chart a course for a healthier version of ourselves. Identify personal well-being practices to help you step into the New Year with purpose and vitality.

- **Eating healthy + Physical Activity.** Nourishing your body with healthy foods and being physically active are the cornerstones of personal well-being. Engaging in these cornerstones not only help with weight management but also reduces the risk of heart disease, improves mood, and enhances overall well-being. Learn more about [healthy eating](#) and [physical activity](#).
- **Sleep.** Sleep is often overlooked when setting New Year intentions, but it is one of the most important steps to supporting your well-being. Getting enough sleep every night boost [energy for exercise](#), enhances [productivity at work](#), and fosters creative thinking. Learning more about sleep hygiene and how to improve sleep can put you on the path to a healthier and more productive future.
- **Learning a new skill or hobby.** Engaging in a hobby or learning a new skill can improve your [mental well-being](#) by: boosting self-confidence and raising self-esteem. It can help you to build a sense of purpose and even connect with others. Explore the [SFHSS Events Calendar](#) to learn a new skill or engage in an activity that interests you.
- **Seek Help If You Need It.** Prioritize your mental health this year by reaching out for support or utilizing free [online resources](#) and [apps](#) available through your health plan. If you or a loved one is struggling with mental health issues, help is available. Contact the SFHSS Employee Assistance Program (EAP) or a clinician, [We're Here For You](#).

Instead of making sweeping New Year's resolutions to achieve overnight, create a few well-being practices that will have a long-lasting impact on your mental health and happiness. Start with accessing free mental health & emotional well-being apps through your health plan. Visit your health plan to learn more.

blue  of california



KAISER PERMANENTE®



Working While Black Healing Circle

Tuesdays, 1/16 - 3/19: noon – 1pm

[Join the meeting](#) or dial 1-415-655-0003, 2632 939 2051

Meeting number: 2632 939 2051

Password: WWBHealing

[Click here for more details.](#)



Additional Well-Being Resources:

Well-Being Activities

- [SF Bodhi Meditation Center Sessions](#) - Mon - Sun 9:05 p.m. - 10 p.m.
- [SF Main Library: Meditation](#) - Wednesdays - noon - 12:30 p.m.
- [Midafternoon Meditation](#) - Wednesdays - 2:00 p.m. - 2:20 p.m.
- [Mindfulness & Meditation](#) Tues & Thurs - 3:00pm-3:20pm
- [Yoga at UN Plaza](#) - Wednesdays - 8:00 a.m. - 9:00 a.m.
- [Hatha Yoga Series](#) - Thursdays - 11 a.m. - noon.

Personal Development (Webinars)

- [A Healthy Start to the New Year](#): January 17
- [Understanding Parkinson's Disease in the Black Community](#): January 18
- [The Power of Productivity](#): January 23

- [Creating Psychological Safety in the Workplace](#): January 23
- [Kaiser Permanente Health Talk: Beyond the Shot-Weight Management Tools](#): January 25

Health & Wellness (Articles & podcasts)

- [Find Calm When You Can't Clear Your Mind](#)
- [Nighttime Routine Tips to Calm Nightmares and Achieve Better Sleep](#)
- [Three Steps to a Purposeful Year](#)
- [Six Self-Care Practices for School Leaders](#)

Stay up to date with this month's free offerings. [Visit sfhss.org/events](https://sfhss.org/events)

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