

Wellness Services

September Wellness Bulletin

Health across the Lifespan

Healthy habits can be established at any age! [Discover which habits to focus on](#) in each decade of life, and about the [habits of the healthiest people](#) in the world.



Mental Health Resource Spotlight

Attitude of Gratitude

It can be difficult in our busy lives to introduce the practice of gratitude, which has been promoted and researched as a positive mental health strategy for many years.

Practicing gratitude has been shown to increase positive emotions, reduce the risk of depression, heighten relationship satisfaction and increase resilience.

This [article from UC Berkeley outlines four great gratitude strategies](#), find one that speaks to you and see if you can put it into practice this Fall.

Financial Wellness

There are many smartphone apps that can help to improve financial wellness.

You Need a Budget, Mint, and Goodbudget are a few apps to have a look at if you would like to get a better grip on financial planning and budgeting. Many apps have both free and paid versions, so you can choose what works best for you in regards to the features offered.



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In this month's issue, click [here](#) to learn about:

- Staying healthy this winter
- Learning tips for mature students
- Portable muffin tin meals

September Workout of the Month

Each month brings new exercise inspiration! Check out [September's Workout of the Month](#) featuring functional exercises that can improve strength for everyday activities. Please feel free to reach out to Lauren Klacza, OASSIS Wellness Consultant for modifications. *Remember to take each exercise at your own pace and always consult with a doctor before you begin any new exercise program.*

Contact Information

For more information or additional resources on any wellness topic, or for any other inquiries please contact: Lauren Klacza, OASSIS Wellness Consultant at wellness@oassisplan.com or 1-888-233-5580, ext: 310.