

HEALTH BEAT | JANUARY 2022

Feeling drained?

GDBIW has resources to help you recharge.



A new outlook for the new year

Last year was another challenging one and left many of us feeling run down and unmotivated. Now is the time to rebuild your mental and emotional strength so you feel refreshed and ready to take on 2022.

GDBIW can help.

How to prevent burnout:

1. Exercise regularly
2. Eat a balanced diet
3. Prioritize sleep
4. Ask for help



Source: [healthline.com](https://www.healthline.com)

Three ways to recharge:

1 Practice mindfulness.

Practicing mindfulness regularly reduces stress, improves mood and enhances overall health and well-being. **Yo-Fi***, an app available through the Healthy Rewards program, powered by Castlight, provides access to guided meditations and stress reduction classes.

2 Reach out for support.

Personal challenges can affect your health, relationships and productivity on and off the job. Get one-on-one support by speaking to a therapist or counselor. Access eight free counseling sessions per issue, per year, face-to-face, virtual sessions or by phone through **Life365**. Call **877-622-4327** or go to **myCigna.com**. **Life365** is available to all GDBIW employees and their families, regardless of whether they are enrolled in a GDBIW medical plan.

3 Meet with your health coach.

If you are feeling overwhelmed, reach out to your health coach through **Fit for Life** to discuss strategies to manage your well-being. Don't have a health coach? Call **207-442-3145** to get connected with one.

"Even **a short moment** of mindfulness **makes a big difference.**"

-General Dynamics employee

If you do **one** thing in January, **reach out for support**. If you are struggling or feel overwhelmed, know that you can ask for help. Contact Life365 or a health coach today.

* Go to mycastlight.com/general-dynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app to access Yo-Fi. Message and data rates may apply.