



LB LIFESTYLE BENEFITS



LIVING SUSTAINABLY

Single-use plastics, such as disposable water bottles and plastic bags, are an environmental problem. There are a handful of simple ways you can help cut down waste.

Instead of disposable water bottles, consider using a **reusable water bottle**. If the tap water in your area doesn't taste great, invest in a **water filter pitcher** for your home.

Make the switch to reusable shopping bags. **Cloth or canvas bags** can be washed, and sturdier reusable plastic totes are better for the environment than single-use bags. Reusable sandwich bags, glass food storage containers, and **beeswax food wraps** are also easy at-home switches.

Make recycling a habit. Some grocery stores and local collection sites accept plastic bags. If you don't have **curbside recycling** or a receptacle in your apartment facility, check your city and county websites to find a facility near you.

POCKET MENTAL HEALTH

Most of us need a little help with our mental health from time to time. There are hundreds of mental health apps developed by professionals to help you with everything from anxiety and PTSD to depression and ADHD from the privacy of your own device.

Apps like **Calm** and **Headspace** help you develop mindfulness, which can ease your anxiety. They can help you learn to meditate and sleep better.



Calm



Headspace

If you're looking for something a little more engaging, try **Happify**. The app uses a series of science-based short activities to help you develop positive thought patterns and overall happiness.



Bearable helps you track your mood, medications, symptoms, and many other day-to-day variables. From this data, Bearable will create charts that you can use to identify patterns or as an aid in therapy.



This is just a small sample. Help is at your fingertips!



BENEFIT SPOTLIGHT

HELPING HANDS FOR PARENTS

Having adequate childcare has been a struggle for many in the workforce even before the COVID-19 pandemic. Employers have taken note, and many are offering or expanding childcare and tutoring benefits ranging from back-up care to after-school tutoring assistance.

Programs such as **Bright Horizons** offer multiple services, including on-site childcare and back-up care. This allows you to have a backup plan in case your regularly scheduled child or elder care falls through. Bright Horizons also features the **Sittercity** app, which provides an easy way to find thoroughly vetted, local child and elder care.

Companies such as **Varsity Tutors** provide a wide variety of services for K-12 students, including one-on-one tutoring, small group classes, and SAT preparation. Their tutors are highly qualified and vetted and are ready to help your child learn.

Typically, your employer pays the cost of providing access to these services, but there will be a cost to you at time of use. Contact Human Resources to see what is available to you.

BONUS ARTICLE: CIRCUIT TRAINING

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