



Office of Research Services
Serving the NIH Community

Wellness@NIH

Whether you are watching the Paris Summer Olympics, having picnics outdoors, or traveling with loved ones, July is prime time to focus on work-life balance and being truly present. Throughout July, NIH has resources to help you stay emotionally and physically fit; see below for some highlights for this month.

Wellness Announcements

[Commit to GO GOLD Health Challenge – Extended Registration Deadline](#)

Embrace the spirit of the Summer Olympics and jumpstart your physical fitness by joining the Go GOLD six-week health challenge. Registration closes on **Monday, July 22, and the challenge runs from July 18 to August 27**. Use the mobile app to track activity, create a team and collaborate on the “Wellness Wall.” Check out the FAQs for more information. Also available for [download](#).

[Register for Wellness Workshop: Setting Boundaries and Seeking Work-Life Balance](#)

Connect with the Wellness@NIH community about the importance of balancing personal and professional life on **Wednesday, July 24 from 12:00 PM to 1:00 PM**. Learn tips and tricks for communicating and setting boundaries and ways to maximize work-life balance this summer.

Upcoming Events

[Well-Being Peer Circle](#): Join a new “Well-Being Peer Circle,” brought to you by LifeWork Strategies, weekly on **Wednesdays at 10 AM, starting July 17**, to share ideas and gain new insight surrounding well-being and motivation.

[Building Secure Attachments with Your Baby Webinar](#): Explore the relational significance of attachment and its impact on infant social and emotional development on **Thursday, July 18 from 1:00 PM to 2:00 PM**.

[Slow Down and Refresh with Non-Sleep Deep Rest](#): Refresh with the quiet practice Non-Sleep Deep Rest on **July 22 at 12 PM**.

[Harnessing AI to Explore Health Restoration in Diabetes](#): Join NCCIH to learn about the use of artificial intelligence (AI) and machine learning to analyze large sets of data to understand the development of disease and the restoration of health. Join the virtual lecture on **Monday, July 29 from 1:30 PM to 2:45 PM**.

Optimize Your Credit Score for Financial Health: Learn about credit reports, credit scores and how they interact in NIH Federal Credit Union's upcoming webinar. The webinar will be held **on Tuesday, July 30 from 12:00 PM to 1 PM** and will cover common myths and how to build your credit history.

A Mindful Moment Series

A Mindful Moment: Journey to Self-Acceptance and Wholeness: Reflect on the journey to self-acceptance and what that means to you on **Monday, July 29 from 12:00 PM to 12:15 PM** through a brief guided meditation. Set time aside to practice mindfulness and connect with others.

A Mindful Moment: August Meditation: Jump start your morning with a mid-week mindful reset on **Wednesday, August 7 from 8:45 AM to 9:00 AM**. Connect mind, body and soul to finish the week out with a sense of peace and purpose.

Highlights in this Issue

- [All NIH R&W Movement Classes – Monthly Schedule & Class Descriptions](#)
- [Chronic Back Pain Clinical Trial Findings](#)
- [Psychological and Physical Practices for Older Adults](#)
- [Energy Drinks and Kids: What You Need to Know](#)
- [NIH Teen Mental Health Essay Contest Winners Announced](#)
- [Service Dogs May Reduce PTSD for Military Veterans](#)

Additional Resources

- [NIH Nursing Mothers Program Prenatal Breastfeeding Education Classes](#)
- [MindfulFED Program Including Daily Classes](#)
- [FREE NIH R&W Virtual Fitness Classes and Archived Videos](#)
- [July 24 Financial Wellness Webinar: Teaching Kids About Money](#)

Connect with Us

Interested in communicating with other like-minded NIH employees about healthy lifestyles and wellness? Please join:

- [Wellness@NIH listserv](mailto:Wellness@NIH)
- [Wellness@NIH Facebook group](#)
- [Wellness@NIH Website](#)

For questions or comments please reach out to [Leslie Pont, NIH Wellness Program Manager](#)