

LIVWELL

Updates



Mindset & Mental Health

One simple yet profound way to improve mental health is to practice positive affirmations regularly. Research shows positive affirmations can help change thought patterns and influence different behavioral changes for the better:

- Self-affirmation phrases are shown to reduce stress
- Self-affirmations are proven to decrease health-deteriorating stress
- Affirmations can make us less likely to dismiss harmful health messaging

A study in Social Cognitive and Affective Neuroscience found that stating motivational positive affirmations can boost confidence. Affirmation usage has also been shown to improve stress management by creating skills for effective problem-solving.

[Click Here to learn more](#)

Research is clear affirmations can improve mental health. But it isn't a technique that can be used every once in a while. Affirmations work best when practiced daily and authentically.

[Click Here for 9 science backed reasons you should meditate daily](#)

[Read More](#)

MARK YOUR CALENDAR &
SIGN UP NOW

**Download this newsletter
for active links!**

[Click here to browse and
register for upcoming
webinars and virtual
events.](#)



Work Life Content Library



Calm has curated a suite of content to help you bring your best self to workday.

- Masterclasses
- Music playlists
- Guided Meditation sessions and much more...

ACTIVATE YOUR FREE SUBSCRIPTION TODAY >



At LII , we believe mental health care should extend beyond you to your family. That's why we're offering dependent coverage with the Calm Business benefit!

Up to four of your dependents can now receive their own premium Calm subscription.

Inviting your dependents is easy. [Click here for step by step instructions.](#)

Once added, each dependent can create their own unique profile and access Calm's diverse content library of over 350 narrators in seven languages. (Please note that qualified dependents are 16 years of age or older. No information about a dependent's use of Calm will be shared.)

We hope this expansion of coverage of the Calm Business benefit will make it easier for the people you love to be mentally and emotionally healthy and promote their well-being.

Login to your LliveWell.com account and click the banner at the top of the screen to access health screening options!
Click Here to Get a Head Start on Your Health Screening

It's time to check in on your total well-being.

Schedule your Health Screening and get back to living well. LLI makes getting your Health Screening easy and convenient with three options.

1. ONSITE HEALTH SCREENING

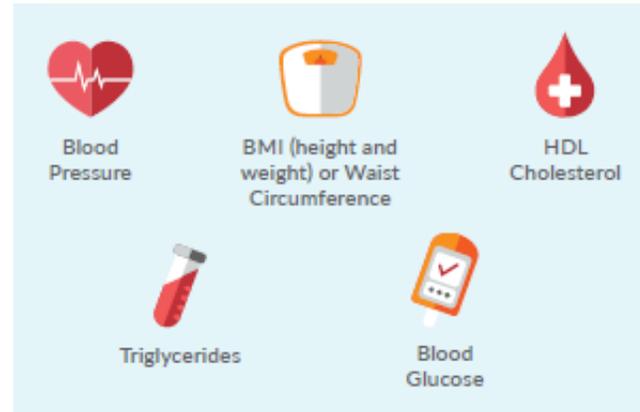
Visit www.LliveWell.com to schedule a screening. Ask your local HR representative for dates and times.

2. LABCORP FACILITY

Visit www.LliveWell.com to find a LabCorp near you that offers "Employee Wellness with Body Measurements." Download the Lab Requisition Form and take it with you. The lab will submit your results automatically.

3. VISIT YOUR DOCTOR

Print the Physician Form on www.LliveWell.com before your exam. Ask your doctor to complete the form during your exam. Either you or your doctor can submit the form via email or fax.



Employees and covered spouses must complete, submit and meet or improve 3 out of 5 metrics by 9/30/2022 to avoid the surcharge.*

Whether you need a midday break for movement or you're looking to jumpstart your wellbeing, the LliveWell.com video library has something for everyone.

workouts, recipes, short informational videos, and more

A screenshot of the LliveWell.com video library interface. At the top, there are logos for 'LENNOX INTERNATIONAL' and 'LIVEWELL CHOOSE WELL, LIVE WELL'. Below the logos are navigation icons for a mail envelope and a menu. The main content area is titled 'Coaching University Presents' and features a grid of video thumbnails. Each thumbnail includes a play button, a progress bar, and a duration. The videos shown are: 'Progressive Muscle Relaxation' (0:00 / 4:10), 'Oatmeal Cups' (0:00 / 1:13), 'Back Extension' (0:00 / 1:11), 'Crunches' (0:00 / 1:37), 'Hamstring Stretch' (0:00 / 1:30), and 'Hip Extension' (0:00 / 1:53). A 'SEE LESS' link is visible in the top right corner of the video grid.

Click here to check out the LliveWell.com Wellness Videos



Suicide Risk: Awareness and Prevention

Scan the QR code to register



Learning how to spot warning signs and get help for someone at risk for suicide is vital. Register for this live webinar on Wednesday, September 14 at 1:00 pm CT to:

- Recognize the warning signs of potential suicide.
- Learn how to speak to someone about suicide concerns.
- Identify available resources and how to get help for someone at risk.

MONEY MATTERS

Tune In! Check out upcoming live webinar opportunities from Magellan EAP.

Planning for College 101 September 13

Register here: [9 am PT](#) | [12 pm PT](#)

With college costs continuing to rise, it's imperative to plan for funding your college savings goals. Examine different types of college savings accounts and the financial aid process.

Student Loan Repayment Strategies September 22

Register here: [9 am PT](#) | [12 pm PT](#)

Learn about student loan repayment options. Review repayment options for federal and private loans, including how to reduce monthly payments or pay off loans faster.

Click links above to register.

Visit LIIBenefits.com for more information



A monthly series of micro-sessions with tips, tricks and hands on activities to make wellness actionable and attainable!

This month: *Environmental Wellness*

having good health by occupying pleasant, stimulating environments that support well-being. It promotes interaction with nature and also creating an enjoyable personal environment (both in and out of your workspace).

Click [here](#) to learn more



wellness
champions

LENNOX
INTERNATIONAL

LIVE WELL
CHOOSE WELL. LIVE WELL.