



Create a calming oasis

Summer is here. It's a time for rest and relaxation. Why not create a calming oasis where you can unwind and restore your inner peace?

Things to consider

- **Location and lighting.** Your oasis can be a small nook in your house, or a place in a park where you can sit back and relax. The location should be free of any distractions, including your phone, computer, and TV.
- **Comfort and seating.** What will make you feel comfortable? Do you need pillows, blankets, a comfy chair, or a bench?
- **Organization and décor.** It's a good idea to think about how to keep this area clean.

For more ideas, join the "Create a calming oasis" activity in **SmartHealth** from July 5 through September 30, 2022. You can earn 50 points per week.

What is SmartHealth?

SmartHealth is a voluntary wellness program that supports your whole person well-being. It's included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentive. **Watch a video** to learn how SmartHealth has helped others.

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