



Wellness Wednesday

Check here for all updates on Wellness

Please reach out to Wellness for additional information about any event at wellness@transitchicago.com or call 1-312-681-2225 option "8"



CTA WELLNESS WOMEN'S HEALTH MONTH

Women's Mental Health

THREE MENTAL HEALTH TIPS FOR WOMEN

1. Make time for self-care activities like meditation, exercise, or hobbies to recharge and reduce stress.
2. Foster supportive relationships with friends and loved ones who can provide emotional support and understanding.
3. Practice self-compassion and challenge negative self-talk to cultivate a positive mindset and improve mental resilience.



Women's Health Month

Tips for women to maintain and improve your health.

Regular Check-Ups: Schedule regular visits with your healthcare provider for check-ups, screenings, and preventive care.

Healthy Eating: Maintain a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit intake of processed foods. Stay hydrated by drinking plenty of water throughout the day.

Regular Exercise: Engage in regular physical activity to maintain a healthy weight, strengthen muscles, and improve cardiovascular health.

Manage Stress: Practice stress-reduction techniques such as deep breathing, meditation, yoga, or mindfulness to manage stress and promote mental well-being.



Self-care is a revolutionary act — for women.



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EAP Webcast

Beating Burnout for Managers

Are you burned out at work? What about your team?

Find out how to spot the signs of a burn out and review proactive strategies to help you get ahead of it.

Wednesday, May 8 | 1 pm

Visit cigna.com/EAPwebcasts with your myCigna ID to register



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LIVE MEDITATION & DEEP BREATHING SESSION

Thursday, May 9

12 - 12:15 pm

WITH COACH YOHANNES

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/4aE2uf6>



wellnesscoach@transitchicago.com



Get Outside, Get Pedaling and Earn Miles for Team CTA in the Bike Challenge!

2024 Bike Commuter Challenge

This Bike Challenge is a biking competition where organizations compete to see who can earn the most points by riding their bike.

May 13 - June 9



Register Today



<https://bit.ly/3Q9x9Jt>

Registration Instructions:

1. Visit <https://bit.ly/3Q9x9Jt>
2. Log in or create an account
3. Click Join Challenge
4. Enter Personal Info
5. Join Team CTA and Click Submit



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Move Mondays

LIVE WORKOUT SESSION

Yoga Stretch

Monday, May 20

12 - 12:30 pm

WITH COACH TRAVIS

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME.

<https://bit.ly/4aYJkkw>



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