

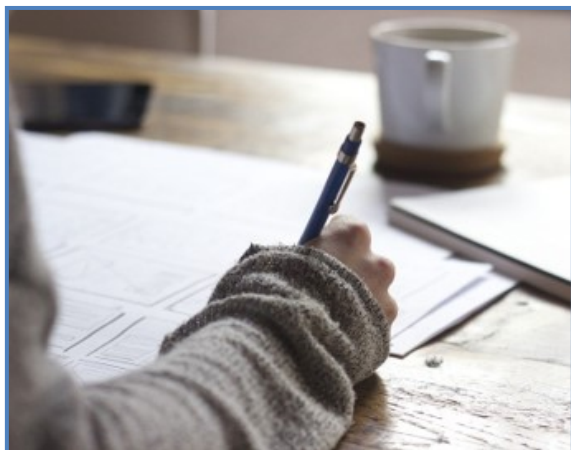
September well-being assignments

Each month, we give you small ways to improve your well-being. You can do one or all of them— it's up to you. This month's assignments are:



Watch a TED Talk.

Complete one of the Virtual Well-Being meditations.



Reach out to a friend by phone, text or mail to encourage him or her.