

Bare Minimum Mondays

In response to the COVID-era worker burnout, Bare Minimum Mondays, a series of TikTok videos by content creator Marisa Jo Mayes, has inspired a new workplace trend among younger generations. The idea is to ease into the work week on Monday by consciously focusing on self-care and balancing personal needs with work tasks.

Although Bare Minimum Mondays are embraced by some employers as the cost of retaining workers and potentially increasing productivity for the remaining four workdays, the practice may not be suitable for all job types. It can, however, inspire employers and employees to take proactive steps to lower work stress, respect worker family responsibilities, retain engagement and increase productive work hours.

Employee assistance programs support employees and their families dealing with life stress or anxiety.

Team building activities break down barriers and build trust in the workplace.

Wellness programs promote self-care and friendly accountability for individual health goals.

Flexible work schedules respect personal responsibilities while fulfilling work requirements. Schedule short, self-care breaks throughout the workday.



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Ikigai – Life Purpose

Ikigai (ee-key-guy) is a Japanese word that combines iki which means “life” and gai which means “worth.” Ikigai is living with purpose, your personal motivation for your life, the reason why you get up in the morning. In eastern cultures, this concept is embraced to find a fulfilling and purposeful life. Western culture has adapted this concept as tool to finding your dream job. Ikigai is experienced when four areas of personal values align: what you love, what you are good at, what you can be paid for, and what the world needs. The result is a career of joyful, meaningful purpose.

Living with purpose can contribute to a long life. An analysis of the National Institute on Aging and the Social Security Administration sponsored Health and Retirement Study found that people with the strongest sense of purpose lowered their risk of death by more than 15% as compared to those with a low sense of purpose.

How can you find your ikigai? Answer the following questions:

- What do I love?
- What does the world need?
- What am I good at doing?
- What can I be paid for doing?

Mark the responses that resonate with joy. Note the commonalities across the four questions to identify a purpose. Create a plan and determine first steps. Enlist support. Finally, evaluate with the question: “Is this what I want to do?”



Upcoming Wellness Portal Webinars

12:30–1:30 p.m. CST on the second Wednesday of each month.

Registration access is located on the right side of the Wellness Portal main webpage. Archived webinar recordings are available at the bottom of the home page.

September 13 – Cultural Myths in Media: Fact or Fiction

October 11 – Empowering Your Influence

November 08 – Competent Leadership

December 13 – Personal Fitness for Life

NuVantage can help.

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