



# Wellbeing at Work

May 2026

## Your Brain on Overwhelm

When stress piles up, your brain shifts into survival mode—making it harder to focus, plan, regulate emotions, or stay motivated. This response is normal, but if left unchecked, it leads to fatigue and burnout. Breaking tasks into tiny steps and grounding your body helps reset your nervous system and restore clarity.

[Read more.](#)



Scan QR code to read more

## Congratulations to the PC2 Raffle Winners

**Keokuk, IA:** Traci Williams & James McDonald

**Reidsville, NC:** Takiya Redd & Marie Lewis

**Fredericks, OK:** Larain Booker & Kevin Wynn

**Auburn Hills, MI:** Jose Fernandez & Michael Ostrander

**New Haven, MO:** Cheryl Stallmann & Susan Penrod

To qualify earn  
300 in points in  
the point cycle

\$50 in Snappy  
Dollars

## This Month's Events

### Monthly Webinar: Hidden Hormone Disruptors

May 27, 2026 12:00-12:30 EST

From plastics to personal care products, endocrine-disrupting chemicals are everywhere. Discover how they affect your health and how to reduce your exposure.

Can't watch it live? The recorded webinar will be available in the Strive Library.

[Click this link to register](#)



Scan to register

## Corporate Wellness Challenge



Registration opens April 29!

Click [here](#) to register or scan the QR Code



The challenge will be listed after your healthy activities on your portal homepage.

## The 8th Annual Strive Corporate Challenge runs May 6 - May 27

This challenge is a step-based competition where Strive clients go head-to-head for a traveling trophy.

Join individually, track your steps, and power your team forward! Each company's score is based on the average steps of all participants so make sure to encourage your co-workers to get moving!

**We will be tracking points by the following Henniges teams - so register today and track your steps or connect your device!**

**Iowa** - Iowa Union and Iowa salaried

**North Carolina** - NC Union and NC salaried

**Oklahoma** - Oklahoma hourly and Oklahoma salaried

**New Haven** - New Haven hourly and New Haven salaried

**Corporate** - Michigan salaried

Scan for instructions on connecting your device



Click the resource name or scan the QR code to go to your resources.

## Benefits Corner Advocating for Care

- Advocating for your health means taking an active role in your medical care by speaking up, asking questions, and preparing for appointments to ensure your needs are met.
- Self-advocacy can feel overwhelming at first, but taking steps before, during, and after your appointment can empower you to take charge of your health and ignite change.
- Be your own best partner at the doctor's office!
- Remember: you are the expert on your body.



[Click Here](#) or Scan the QR code to learn more 

### Strive Portal



In your [portal](#) you can join challenges, track points, browse the HealthyLearn Library, upload your wellness form & more!

### Health Hub



Check out your [Health Hub](#) from here you're able to access all of your benefit providers as well as all things Kapnick Strive.

### Strive Library



The [Strive Library](#) is used to register for upcoming events, access recorded webinars, newsletters, and complimentary resources!

### Important Dates

- **Health Risk Assessment:** Completed by 9/30/2026
- **Well-Visit Forms:** Submitted by 9/30/2026
- **RAS Tobacco Coaching:**
  - Enrolled by 08/01/2026
  - Completed by 9/30/2026

### Well-Visit Form

#### Where to find the Well-Visit Form:

- Scan the QR Code to download
- On the homepage of your Strive Wellness Portal
- In your Health Hub

#### Where to send it:

- Upload to the Strive portal (or)
- Fax to 888-975-5086



### Feedback?

Scan the QR Code to leave your feedback on your wellness program



### Questions?

Reach out to your Wellness Coordinator:  
Renee.Johnson@Kapnick.com  
734-929-3717