



Each quarter of 2019, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on emotional wellness including activities on stress, resilience, mindful work breaks and more!



 Join us on the first Wednesday of each month from noon to 1 p.m. for presentations on a range of wellness topics provided by UF and UF Health experts. **Links to the live stream will be sent out via the Wellness Email List, to request the links or to join the email list, mail to [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu).**

- **Monday, April 1: The Universal Features of Meditation Practice**  
UF Mindfulness Day Keynote Presentation
- **Wednesday, May 1: Nature as a Partner in Lifelong Wellness**  
Elizabeth Diel, RLA, HTM, Director of Therapeutic Horticulture at Wilmont Gardens
- **Wednesday, June 5th: What to Do When a Colleague is in Distress**  
UF Counseling and Wellness Center

## Join the Wellness Partner Team

**Do you have a passion for wellness and an interest in bringing wellness to your department?** Join the UF & UF



Health Wellness Partner team. Partners are responsible for becoming experts on the wellness program, disseminating information to their department, encouraging participation in wellness initiatives, and collaborating with other Partners and the UF & UF Health Wellness Committee. Interested? Learn more and complete the application at [gatorcare.org/wellness-partners](http://gatorcare.org/wellness-partners).

## 10@10

**Join us this quarter on a campaign to improve our health by taking 10 minutes each day at 10:00 AM to complete a healthy activity.** By joining this campaign you will receive daily tips, tricks, and reminders of small initiatives that we can take on to help improve our physical and mental health. These initiatives will vary and can include anything from taking a 10-minute walk around your building to joining a 10-minute meditation call. The campaign will run the duration of the second quarter (April 1 – June 30). For more information visit the UFHR WorkLife website at [worklife.hr.ufl.edu](http://worklife.hr.ufl.edu).

## Active Lunch Hour Toolkit

Download the Active Lunch Hour Toolkit from [worklife.hr.ufl.edu](http://worklife.hr.ufl.edu) to get the most out of our lunch break. Find ways to motivate yourself and track your progress. The toolkit is designed for employees who want to be more active throughout their day.

## Healthy Lifestyle Program

This is an evidence-based 6-week program designed to change our thinking when it comes to living healthy. Participants in this program will learn about the current health recommendations and standards. Participants will also set goals and find ways to incorporate healthy behaviors into daily routines. Request to bring the program to your department if you have at least 10 interested participants. Submit requests or questions to [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu). *Note: Departments with less than 10 participants can be grouped.*

## Get Gritty 2.0: A Challenge to Build Resilience and Manage Stress

**Get Gritty is back and better than ever!** Learn about and engage in a variety of activities centered on building resilience and managing stress. Registration will be promoted via the Wellness Listserv in May with the challenge beginning in June.



**LOOK FOR THIS ICON!** 



These activities are eligible for Better You Strides points. Better You Strides is a wellness incentive program for select employer groups including UF Health and the College of Medicine.

## Achieve Your Goals with Group Health Coaching 🍌

**Do you have a group of 4 to 12 coworkers or friends who would like to participate in a health coaching series to help you stay accountable, get advice and support, and be successful with your goals? Let us know!** A wellness staff member will come to your department to conduct three group health coaching sessions, one month apart. The first session will help participants develop healthy and realistic goals. Subsequent sessions will check in on those goals and create an environment for sharing toward and support. Your group does not need to pick one goal to work on; we encourage participants to develop and work towards their own personalized goals. Must have at least four committed participants and a space available once per month for group sessions. Sign up [here](#).

**Limited to 10 departments each quarter so act now!**

## Schedule a Team Builder for Your Department 🍌

**Does your department need a dose of creativity, comradery or fun?** Schedule a team building activity to kick off your next staff meeting or as an activity on it's own. Team Builders will be selected for your team based on team size, space, and time restraints. To schedule, contact [beva0001@shands.ufl.edu](mailto:beva0001@shands.ufl.edu).

## Bring a Dark Chocolate Tasting to Your Area 🍌

**Want to bring a chocolate tasting to your department or next event?** Book the GatorCare dietitian and learn how to mindfully enjoy this treat with no guilt by selecting more nutritious chocolates. Flavor profiles, pairings and health benefits will be discussed. Departments are responsible for purchasing chocolate and supplies. For more details or to book your tasting, contact [bbes0001@shands.ufl.edu](mailto:bbes0001@shands.ufl.edu).



## Earth Day Celebrations

**The UF Office of Sustainability will host its 2019 Campus Earth Week Celebration from April 1 – 6**, featuring a series of events and activities designed to highlight UF's commitment to social and environmental sustainability including a keynote speaker, the Sustainability Showcase, and a Green & Clean event. In addition, the Spring Collection Day event will be held on Wednesday, April 24, and employees may donate/dispose of clothing, home items, electronic waste, hazardous waste, and more! Learn about the full week of activities at [sustainable.ufl.edu](http://sustainable.ufl.edu).

**UF Health Shands will host it's 2nd annual Earth Day Celebration on April 18 in the North Tower Atrium.** Booths will be demonstrating and celebrating sustainability initiatives and will include participants from facilities, food services, the OR, UFPD bike registration, GatorCare Wellness and more.

## Employee Assistance Programs, or EAPs

**At some point in our lives, most of us experience personal difficulties that may need attention.** For these trying times, people may turn to the EAP at UF and UF Health are here to help. People may become involved in the EAP for a number of reasons including major life changes, depression, anxiety, work stress, etc. However, the EAP isn't just for those who are facing a difficult time. In addition to helping people cope with life's challenges, these programs also work to keep healthy, happy people healthy and happy.

Learn more about UF's EAP program at [eap.ufl.edu](http://eap.ufl.edu)

Learn more about UF Health's EAP program at [eap.UFHealth.org](http://eap.UFHealth.org)

**Sign up for the Wellness Email List to stay up to date.**

Email [HRS-WELLNESS@UFL.EDU](mailto:HRS-WELLNESS@UFL.EDU)