

Each quarter of 2016, the UF and UF Health Shands Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter, titled Thrive, focuses on emotional wellness including stress and depression, sleep hygiene, positive psychology, happiness and more!

# Thrive!

## 30-Day Strive to Thrive Challenge

Participate by June 30 to earn a “Thrive pin”

Strive to Thrive provides quick and practical handouts, videos and resources to improve your emotional, social and spiritual wellness. Learn about the mind-body connection, strengthen your relationships, transform your outlook and more with this thirty day challenge. Explore twenty-five of the thirty days and complete a participation survey by June 30 to earn a Thrive pin.



**Get started now!**

## Wellness Wednesdays

First Wednesday of every month

Bring your lunch to the UF HR Building (903 West University Ave.) 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. **To register, click on the titles below. To sign up for the live stream, email [hws-wellness@ufl.edu](mailto:hws-wellness@ufl.edu).**



- **Coming to Your Senses: Stress Relief in the Moment**  
**Wednesday, April 6** • *Gizem Toska, PhD, Assistant and Outreach Director, UF Counseling & Wellness Center*
- **Inside Out: Understanding Depression**  
**Wednesday, May 4** • *Rosa West, PhD, Licensed Mental Health Counselor and Outreach Coordinator, UF Counseling & Wellness Center*
- **Healthy Sleep: Guidelines for Improved Sleep Quality**  
**Wednesday, June 1** • *Jessica Payne-Murphy, PhD, Behavioral Sleep Medicine Postdoctoral Fellow, Department of Clinical & Health Psychology*

## Mindful Body Scan Meditations in April

The body scan is a mindfulness practice focusing attention on the different parts of the body—from the feet to the top of the head. It is designed to develop awareness of sensations by observing the body as it is, without judgment or trying to change it. Research suggests this practice can reduce stress, improve well-being and decrease aches and pains. It may also increase attentiveness to physical needs and sensations, which can lead to healthier decisions about eating, sleep and exercise.

The body scan is usually done lying down but can also be done sitting in a chair. Comfortable clothes and layers for warmth are recommended. Please bring a mat or towel. Some mats will be available.

**The sessions will be held from 12:15 - 12:45 p.m. at the following locations:**

- **Friday, April 8** • *Frazier Rogers Hall, Conference Room 122*
- **Wednesday, April 13** • *Clinical and Translational Research Building, Room 2161*
- **Wednesday, April 20** • *College of the Arts, Fine Arts Building C, Room 118*
- **Monday, April 25** • *Hough Hall, Room 120*

Questions? Contact HRS Wellness at [hws-wellness@ufl.edu](mailto:hws-wellness@ufl.edu) or (352)392.4626.



## Get your Zzz's On: A Seven-Day Sleep Challenge



Sleep, like nutrition and physical activity, is a critical component of health and well-being. Insufficient sleep and poor sleep quality has been associated with a slew of chronic diseases like diabetes, heart disease and obesity. Those who get enough sleep typically have better weight control, more energy, a brighter disposition and a stronger immune system. Use this seven-day sleep challenge to transform your sleep behaviors and “get your zzz’s on!” Complete the seven-day checklist challenge for a chance to win a number of sleep related prizes! The challenge will be released June 6 via the Wellness Email List and should be completed and submitted by June 21.

## Tools for a Mindful Life Course in June

This four-week course explores mindfulness practices and is available at no cost to benefits-eligible employees. Mindfulness practices in the program are derived from the evidence-based **Mindfulness-Based Stress Reduction** (MBSR) program developed by the University of Massachusetts’ Center for Mindfulness. The application, along with course details, will be available on May 2 via the Wellness Email List.

Not yet signed up for the Wellness Email List?  
Email [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu).



## Stay tuned for upcoming Quarterly Spotlights

- **FIRST QUARTER, Get up and go!**  
*Physical activity, weight loss and weight management*
- **SECOND QUARTER, Thrive**  
*Mental and emotional health*
- **THIRD QUARTER, Well@Work**  
*Wellness at the workplace*
- **FOURTH QUARTER, Recipe for Health**  
*Nutrition, diabetes and pre-diabetes*

## National Bike to Work Day, May 20



Grab your helmet and ride to work on Friday, May 20, as part of National Bike to Work Day. Before you ride, be sure to visit **UF's Bikes website** for more information on bike laws, bike safety and the Departmental Bike Program for UF and UF Health employees. Also review the **Gainesville Bikeway System** for a map of the city's bike lanes and trails.

## The Science of Happiness: A Free Online Course

Interested in learning about positive psychology and happiness? Explore science-based principles and practices for a happy, meaningful life with this free, self-paced **online course** from the University of California-Berkeley's Greater Good Science Center.



## Ready to conquer something else?

Visit [GatorCare.org/wellness](http://GatorCare.org/wellness) for a list of available wellness resources and programs including:



- Information on quitting tobacco
- Physical activity resources including free group fitness classes (yoga, pilates, Zumba and more), campus walking maps and information on campus gyms
- Media Library with an array of presentations from campus experts