

Each quarter of 2016, the UF and UF Health Shands Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter focuses on resources to help you take care of yourself while taking care of business.

# Well@Work

## 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).

- **Work-Life Balance: Exploring What Works for You**  
**Wednesday, July 6** • Gizem Toska, PhD, Assistant Director and Outreach Director, UF Counseling & Wellness Center
- **Applying Ergonomic Principles at Your Workstation**  
**Wednesday, August 3** • Todd Morrone, MEd, MSB, Coordinator of Risk Management, UF Environmental Health & Safety
- **UF Sustainability: How to Go Green at Work**  
**Wednesday, September 7** • UF Office of Sustainability



## Thirsty for Competition? Gator Gulp Summer Water Challenge

Register by July 13

Join the Gator Gulp Summer Water Challenge to compete

against employees from Gainesville and Jacksonville, increase your daily water intake and improve your health! Team registration is due by July 13, and the four-week team challenge begins July 18. Each team member tracks his or her water intake, and team averages are taken at the end of each week. Will your team sink or swim? Visit [GatorCare.org/water](http://GatorCare.org/water) for more information and registration instructions.

## Give Yourself a Boost at Work

Boost your mood, efficiency, creativity and productivity at work by maximizing your work breaks. Learn what types of activities are best to help you renew during your breaks and ultimately thrive at work. You have two ways to participate—join one or both.



### Begins August

- **Participate in Boost: A Program to Reenergize Your Workday.** Give your next break a “boost!” Learn how to maximize your work breaks to improve focus, increase productivity and get an instant boost of energy. **Sign up** to participate and receive four weeks of daily boosts. Each boost, delivered to you via email, provides a short activity designed to help you renew and reenergize physically, mentally, socially and spiritually. If you are an employee that doesn’t use email on a daily basis, request a printed version! The program begins August 22 and runs through September 16.

### Begins September

- **Booster Break Challenge:** Establish a regularly occurring “booster break” with colleagues in your area for a chance to win a free lunch! We’ll provide resources, ideas for inspiration, and guidelines to help you get started. Share a picture along with a description of what your group is doing by September 23 and be entered into a drawing to win lunch for your group (up to 20 group participants). Look for details to be released via the Wellness Email List on September 5.

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

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



## Sharpen Your Communication Skills

Effective communication is an important skill in both work and personal life. UF Training & Organizational Development offers courses to help you be your best. All courses are held in Room 120, UF HR Building (903 W. University Avenue). **Click on the titles below to register.**



- **Quality Customer Service**  
Thursday, July 7 • 1:30-4:30 p.m.
- **Communicate Assertively**  
Tuesday, August 2 • 9 a.m.-Noon
- **Relationship Strategies**  
Tuesday, August 16 • 9 a.m.-Noon
- **Communication Confidence**  
Wednesday, August 31 • 1:30-4:30 p.m.

## Bring Wellness to Your Next Staff Meeting

Include the Intro to Wellness presentation at your next meeting or event. This ten minute presentation reviews the wellness opportunities available to employees and how to stay current on upcoming activities. **To schedule, contact:**

- **For UF Health departments,**  
GatorCare Wellness Coordinator • Morgan Papworth
- **For UF departments,**  
UF Wellness Coordinator • Kim Holton



## Interested in Becoming a Wellness Partner?

Wellness Partners are representatives from departments across UF and

UF Health who play a vital role in supporting employee wellness. Partners disseminate information, set up presentations and encourage participation in wellness initiatives. Partners also provide valuable feedback to help the UF-UF Health Wellness Committee build a culture of health. **For more information or to apply, visit the [Wellness Partner](#) webpage.**



**GatorCare**  
Your Partner in Health

## Bring Wellness Home

- **Get the whole family moving this summer with these [Community Connections!](#)**  
*Check out the local pools, parks, adult sports leagues, teen summer programs, farmer's markets and more.*
- **Expand your knowledge on relationships, communication and more with this [Summer Reading List.](#)**
- **Mark your calendar for [Family Health and Fitness Day, September 24.](#)** *Gather your family members and plan a fun weekend activity to celebrate!*



## Find Support through the Employee Assistance Program (EAP)

In addition to individual counseling, UF and UF Health's EAPs will come to your department to lead workshops on a variety of topics related to occupational and personal wellness, such as management of stress, conflict, or anger, as well as assertiveness training and workshops on healthy relationships.

- **For more information on the UF EAP, visit [eap.ufl.edu.](#)**
- **For more information on the UF Health EAP, visit [eap.ufhealth.org.](#)**

## Ready to conquer something else?

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

- Information on **quitting tobacco**, including free classes and quit aids like patches, gum or lozenges
- Physical activity **resources** including free group fitness classes, campus walking maps and information on campus gyms
- **Media Library** with an array of presentations from campus experts



**Wellness**  
University of Florida and UF Health