

Thrive!

Each quarter of 2017, the UF and UF Health Wellness Committee, along with GatorCare, will focus on a different wellness topic. This quarter's focus is on emotional wellness, from stress and depression, to sleep hygiene, healthy morning routines, happiness and more!

12 Tweaks to a Healthier You

12 Tweaks to a Healthier You focuses on a different healthy habit or 'tweak' each month of 2017. Each tweak aims to improve physical, emotional, social or financial wellness. Receive a new tweak each month, along with an action plan to make the new behavior a habit.

■ April's Tweak: Crosstrain

Increase your fitness with cardio, strength and flexibility training. Participants will incorporate a cardio, strength, and flexibility workout, and an active rest day each week. Sample workouts will be provided including several in-person, free group training sessions!

■ May's Tweak: Jumpstart

Develop a healthy morning routine to get balanced and fueled for your day. Participants will assess their current morning routine to find opportunities for improvement. Then they will build a new routine, week by week, that includes healthy behaviors like mindfulness, eating a balanced breakfast and gentle movement to start the day.

■ June's Tweak: Sleep

Develop behaviors to improve the quantity and quality of your sleep. Participants will create a bedtime routine, remodel their environment, tweak their daytime habits and get regular activity to improve their overall sleep hygiene. New habits will be introduced each week.



Register at gatorcare.org/12tweaks to participate in the full challenge. Stay tuned for upcoming tweaks to help you manage your portion sizes, master meal prep and focus on your finances.



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 for any of the following sessions, log into mytraining.hr.ufl.edu and search for the courses listed. Or email hrs-wellness@ufl.edu to sign up for the live stream and join us online.**

■ Online and Mobile Wellness Resources, Wednesday, April 5

Maggie Ansell, MLIS, Nursing and Consumer Health Liaison Librarian and François Modave, PhD, Associate Professor of Biomedical Informatics & Director of the mHealth Lab

■ Sleep Problems: Emotional and Physical Wellbeing, Wednesday, May 3

Khurshid Khurshid, MD, FAASM, Associate Professor, University of Florida College of Medicine

■ Wanting More Than Enough: Could it be Addiction?, Wednesday, June 7

Jamie Smolen, MD, Associate Professor of Psychiatry, UF Health Florida Recovery Center



Request a Meditative Coloring Kit for Your Department

Coloring can help you relax, expand your creativity and encourage self-expression.

Request a meditative coloring kit for your area's breakroom by completing the online request form at gatorcare.org/wellness/emotional.



LOOK FOR
THIS ICON!



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



Guided Relaxation Sessions in May

Feel calm and centered by inducing the relaxation response. Guided relaxation is a gentle introduction to becoming more in tune with your body, which can help you make better decisions. The practice is usually done lying down but can also be done by sitting in a chair. Comfortable clothes and layers for warmth are recommended. Please bring a mat, blanket or towel. Some mats will be available. Dates for lunchtime sessions across campus will be announced via the Wellness Listserv. **Not yet signed up for the Wellness Email list? Email hws-wellness@ufl.edu to join.**



30-Day Strive to Thrive Resource Guide

Work on your emotional wellness for thirty days with these quick and practical handouts, videos and resources. Learn more about the mind-body connection and the power of laughter, discover how to transform negative thought patterns and build self-confidence, and find inspiration to move more, listen better and get centered. **Participants may access the resource guide at gatorcare.org/wellness/emotional.**



Free Classes to Support Your Well-Being

Free weekly yoga is offered from 12:15 - 1 p.m. on Tuesdays in the second floor atrium of Ustler Hall. **Email mkholtan@ufl.edu for more information.** Integrative Medicine also offers a variety of free weekly classes including meditation, Qigong and yoga. **For more information or to register, email UFHITM@shands.ufl.edu.**



The Science of Happiness

Interested in learning about positive psychology? Explore science-based principles and practices for a happy, meaningful life with this free, self-paced online course from the University of California-Berkeley. **Access the course at gatorcare.org/wellness/emotional.**

Focus on Your Health

Make *your* health a priority!

- National Women's Health Week, May 14-20
- Men's Health Month, June

Schedule an annual wellness exam and talk to your provider about which screenings and exams you need and when.

Recurring preventive exams may include:

- Breast and cervical cancer screenings
- Prostate cancer screening
- Colorectal cancer screening
- Regular skin checks and self exams

In addition...

UF Health benefits-eligible employees and College of Medicine GatorCare members are eligible to participate in free, onsite health screenings April 24-May 5. **Learn more at gatorcare.org/2017wellnessscreenings.**

Ready to conquer something else?



Visit GatorCare.org/wellness for a list of available wellness resources and programs including:

- Information on **quitting** tobacco
- Mental and emotional wellness including stress management resources and information on the **UF** and **UF Health** Employee Assistance Programs (EAPs)
- **Media Library** with a wide array of presentations from campus experts

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

Email HRS-WELLNESS@UFL.EDU