

Well@Work

Each quarter of 2018, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter focuses on resources to help you take care of yourself while taking care of business.

Wellness Wednesdays

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, login to myTraining.hr.ufl.edu and search for "Wellness Wednesday."** **To sign up for the live stream, email hrs-wellness@ufl.edu.** Topics will be sent out via the Wellness Email List the week of the presentation.



View recordings of our most popular talks on wellness at work located at the hr.ufl.edu/worklife/media-library.

- **Applying Ergonomic Principles at Your Workstation**
- **Work-Life Balance: Exploring What Works for You**



This four-week individual challenge will encourage you to make a habit of drinking plenty of water each day and help you steadily strengthen your core and back muscles.

The plank portion: Participants will plank for an increasing amount of time every day over the course of four weeks.

The drank portion: Participants will track and record their daily ounces of water and complete a daily reflection to ultimately find their ideal water intake.

Mini-challenges will occur throughout!

Register at gatorcare.org/water. The challenge begins July 9.



Get Gritty: A 14-Day Challenge to Build Resilience and Manage Stress

Resilience is the process of adapting in the face of adversity, trauma, tragedy, threats or significant sources of stress... it means 'bouncing back' from difficult experiences. Resilience can be gained through new and routine behaviors, thoughts and actions. Participants will complete activities over the 14-day challenge to build resiliency and manage stress. **Registration will be promoted via the Wellness Email List in August.**

Bring Wellness to Your Next Staff Meeting

Include the interactive **Intro to Wellness** presentation at your next meeting or event. This ten minute presentation reviews the wellness opportunities available to employees, how to keep current on upcoming events and how to stay well at work.

To schedule, contact Mallory Rubek at rubekm@shands.ufl.edu.



The **Intro to Wellness** presentation is also available as a four-minute video and can be accessed [here](#).



Energize Your Day

Most of us spend more time recharging our phones than recharging ourselves. Taking effective breaks at work can improve mood, concentration, motivation and energy levels. Learn how to transform the way you work and bring more energy to your day by participating in any or all of the following:

■ **Booster Break Challenge**

Start a group “booster break” with colleagues in your area for a chance to win a **free lunch for your group!** Using guidelines and suggestions provided, start a regularly occurring community work break in your area. Submit a description and group picture by September 28 to be entered into a drawing to win lunch for your group (up to 20 group participants).

Visit GatorCare.org/boost for additional details and the submission form.

■ **Schedule a Boost Presentation for Your Department**

Ready to transform the way you work as a department? Schedule a Boost presentation for your group! This is a great precursor to the Booster Break Challenge. Presentations are interactive and take about 45 minutes. **To schedule, email morgan.papworth@bcbsfl.com.**

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

Email HRS-WELLNESS@UFL.EDU



Gators Volunteer

Bring the Gator Good to Gainesville! Go to gatorsvolunteer.ufl.edu to discover the needs of the charities and groups that matter to you. Spend time helping those with special needs, our schools, veterans, those in crisis, animals, children and more. Make an impact in our community by volunteering today.

Get Involved, Become 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 Wellness Committee build a culture of health. For more information or to apply, visit the Wellness Partner webpage at gatorcare.org/wellness-partner. *Note: Floor nurses interested in becoming a Partner should complete the “Nurse Wellness Partner” application.*



Set Your Intention for this Quarter

We, _____ (department), commit to the following this quarter:

- Stream the **Wellness Wednesday presentations** live and watch as a group
- Schedule an **Intro to Wellness presentation** for our department
- Complete the **Booster Break Challenge**
- Schedule a **Boost presentation** for our department
- Create a **Wellness Board** in our office
- Designate a **Wellness Partner** from our office
- Participate as individuals in the **Plank & Drank** challenge and plank as a group

