




Each quarter of 2018, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on emotional wellness, from stress and depression, to sleep hygiene, to the mind-body connection.



 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 hrrs-wellness@ufl.edu.**

- **APRIL 4**
Apps and Wearables for Physical Activity
François Modave, Ph.D., Associate Professor, Department of Health Outcomes and Policy
- **MAY 2**
Develop Deeper Connections Through Active Listening
Angela Koivula, Ph.D., Licensed Psychologist, UF Employee Assistance Program
- **JUNE 6**
Emotional Fitness: A Mindfulness Approach to Reclaiming and Maintaining Wellness
Jim Probert, Ph.D., Clinical Associate Professor/Licensed Psychologist, UF Counseling and Wellness Center



Lunch and Learn Group Viewing Challenge

Organize a lunch and learn viewing party of one of our upcoming or past Wellness

Wednesday presentations. Take a picture of your group viewing, complete this [form](#), and send both to Morgan Papworth at morgan.papworth@bcbsfl.com to be entered into a drawing to win a catered lunch for your next viewing party! **Send submissions by Wednesday, June 13.** Your department may submit up to three times this quarter. Lunch will be based off of the number of employees who attend your viewing party and will cover up to twenty employees. Choose from the three upcoming Wellness Wednesday presentations above or one of the past presentations housed [here](#) on topics like stress relief in the moment, mindfulness, healthy sleep and work-life balance. While not required, we encourage you to pick a presentation from the "Mental Health" category this quarter!

Campus Earth Week: April 9 - 14

This year, UF will celebrate Earth Week from April 9 - 14. The week of events will kick off on the evening of April 9 with a keynote speaker (to be announced) at the University Auditorium beginning at 6 p.m.

On Wednesday, April 11, Sustainable UF will be hosting its annual Sustainability

Showcase at the Reitz Union Breezeway from 10 a.m. - 2 p.m. This event will feature a tabling expo with campus and community organizations, hands-on activities, games and more.

On Thursday, April 12, the UF Health Shands Sustainability Committee will host its UF Health Campus Earth Day event at the UF Shands Atrium.

The Campus Earth Week will conclude with a Green & Clean Service Learning Event on Saturday, April 14, 9:30 a.m. - 12:30 p.m. This is a great opportunity for volunteers across UF to help remove recycling, trash and invasive plants from conservation areas on campus.



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.

Stress Busters Week: April 16-20

Stress have you tied up in knots? Email hws-wellness@ufl.edu to sign up to receive a daily email filled with tips and information designed to lower your stress and help support you through the week and beyond.

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, the Employee Assistance Programs 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

Learn more about UF Health's EAP program at eap.UFHealth.org

Create a Random Acts of Kindness, or RAK, Binder for Your Department

A Random Acts of Kindness binder is a great way to build comradery and reinforce a positive environment at work.

A RAK Binder serves as a reference guide for the employees in your department. Each employee can complete a sheet about themselves for other employees to use when they want to do something nice for that person. Each sheet should be housed within your department's RAK Binder, which should be kept at a central location. One act of kindness can start a chain reaction, creating a whole department that is full of kindness, appreciation and positivity.

Access the template for your departmental RAK binder [here](#)

Get Your Zzz's On: A Fourteen-Day Sleep Challenge

Sleep, like nutrition and physical activity, is a critical component of health and well-being. Those who get enough sleep typically have better weight control, more energy, a brighter disposition and a stronger immune system. Use this sleep challenge to transform your sleep behaviors and "get your zzz's on." Complete the fourteen-day checklist challenge for a chance to win a number of sleep related prizes! The challenge will be released June 4 via the Wellness Email List and should be completed and submitted by June 27. **Don't want to miss this one? Sign up [now](#).**

Training Courses to Help You Thrive

UF Training & Organizational Development offers a range of training courses designed to help you thrive and be your best! Register for any of the following courses via myTraining.hr.ufl.edu: Transforming Conflict, Developing Your Emotional Intelligence for Workplace Effectiveness, The Multitasking Mirage: Find Your Focus, Flow and Finish Line, Conversations for a Culture of Inclusion, Embracing the Growth Mindset and more!

Integrative Medicine Wellness Classes

Free wellness classes are offered each week and include Meditation for Beginners, Qigong for Wellbeing and Gentle Yoga for Health. For more information or to register, email UFHITM@shands.ufl.edu

UF Mindfulness

UF Mindfulness is a collaborative initiative of UF and UF Health faculty, staff and students who seek to create a more mindful UF campus. Find information on upcoming events, opportunities to practice, online resources and much more on its website at mindfulness.ufl.edu. You can also follow the movement on Facebook or Twitter by searching for UF Mindfulness.

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

Email HRS-WELLNESS@UFL.EDU