



Each quarter of 2020, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on emotional wellness including resilience, meditation, disconnecting from technology and more!



WELLNESS Wednesday



Join us on 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 or sign up for the live stream, login to myTraining.hr.ufl.edu and search "Wellness Wednesday."

- **April 1 | Healthy Living — Moving More for Better Health**
Yusof Al-Wadei, UFHR Wellness
- **April 15 | The Sandwich Generation: Balancing Your Personal Life With the Needs of Your Older Parents or Loved Ones**
UF EAP Webinar
- **May 6 | Department Wellness Fund Showcase — Lessons Learned**
2019 DWF Recipients
- **May 20 | Tools to Handle Stress**
UF EAP Webinar
- **June 1 | An Introduction to Mindful Living**
Angie Brown, UFHR Communications and Worklife
- **June 17 | The Impact of Attitude on Work and Life**
UF EAP Webinar

Spring Walking Challenge

Starts April 6

It's that time of year again! Enjoy the spring weather and get those steps in. It's never too early to get your team assembled! Form a squad of four to twenty walkers, choose a division, and get to stepping! The challenge begins April 6 and will run through May 17.

Visit GatorCare.org/walking for more information.



Employee Assistance Programs (EAP)

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, holiday 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

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.

The RESILIENT GATOR

The Resilient Gator Program

The Resilient Gator Program is designed to inform and empower the campus community to build resilience coping skills. This program will be broken up into two sessions that discuss the importance of resilience and tangible tools to implement resilience-building skills to combat stress.

Learn more at wellness.hr.ufl.edu.

Sunshine State of Mind, Sun Safety + Positive Affirmation Challenge

Starts June 1



Protecting our skin from the sun is a habit that many of us wish to establish. Participants of this 30-day challenge will receive a text message reminder to apply sunscreen each morning, plus a positive affirmation for the day!

To register, text @sunsafe to

81010. You'll receive a confirmation text in response. The challenge runs from June 1 to 30.

Update Your Wellness Board

Is your wellness board outdated? Or maybe creating your board feels like too much work? Fear not! **Board templates have arrived.**

Visit gatorcare.org/wellness-board to find a standard template for your board plus relevant handouts and promotions for this quarter!



Sign up for the Wellness Newsletter to stay up to date.

wellness.hr.ufl.edu or gatorcare.org

Bring Wellness to Your Area

The wellness team offers a wide array of presentations, screenings, and nutrition experiences, including two new presentations:



Meditation for People Who Have Never Meditated Before

Are you interested in meditation but not sure where to start?

Have you tried meditation and find it difficult to figure out? Join

GatorCare to learn more: the history, four kinds of meditation, and tips and tricks to start or improve your practice!

Digital Detox

Are you one of the 75% of Americans who think a digital detox would benefit them? Schedule a digital detox presentation to learn tips to achieve your ideal relationship with technology.

Learn more or schedule for your department at gatorcare.org/wellness-opportunities. *Offerings may be limited due to COVID-19, presentations can be offered virtually.

Related resources:

- **Want to improve your quality or quantity of sleep?** Register at any time for the self-directed 28-day sleep challenge at gatorcare.org/sleep.
- **Want to build resilience day by day?** Register at any time for the self-directed, 30-day Get Gritty challenge at gatorcare.org/resilience.
- **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.
- **Free group fitness classes** at gatorcare.org/fitness-classes, including two fully streamed lunchtime classes, Tuesdays and Thursdays, 12-12:15 p.m.