

This quarter focuses on emotional wellness.
Topics include mindfulness, gratitude, managing stress and more!



W The Wellness Talk video podcast series allows us to connect with subject matter experts on our campus to learn from them about their work and research. Join us each month for a new discussion on a range of wellness topics with UF and UF Health experts. Visit wellness.hr.ufl.edu/wellness-talk to watch.

- April 2021 | Meditation and Mindfulness
- May 2021 | Employee Health and Fitness
- June 2021 | MENTAL Health — Men's Health Month



W Earth Day Celebration, April 22

Celebrate Earth Day and sustainability by participating in our Carbon Footprint Challenge. During the challenge, you'll receive two weeks of tips for how to live a greener lifestyle! **Register here:** GatorCare.org/carbonfootprintchallenge/.

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.



Financial Literacy Series

UFHR Wellness has partnered with several campus and community partners to bring together a series of workshops aimed at increasing financial literacy and developing healthier financial habits. Classes are scheduled April through June.

Learn more and view past recordings at <https://wellness.hr.ufl.edu/financial-literacy-series/>.

W Live Zoom Presentations

This quarter we have four different live presentations for you, each focused on emotional health. These will be recorded and posted to our website, but we encourage you to watch live with individuals in your department!

View the registration links for each presentation at GatorCare.org/calendar.

- **Happiness Hacks**, Tuesday, April 13, 12:30pm
- **Beyond the Stress Ball**, Tuesday, May 4, 11:00am
- **Mindful Eating**, Thursday, June 3, 11:00am
- **Shaping Your Next Normal**, Wednesday, June 30, 12:30pm

Talk About It Campaign, May 3-31

To celebrate National Mental Health Month in May, we want you to help fight the stigma of mental illnesses and mental health problems with our Talk About It campaign. Over the course of May, we will email you various educational posts and images that you can share on social media and use the hashtag *GCtalkaboutit*. **If you would like to participate and receive materials to share, email gatorcarewellness@shands.ufl.edu.**



Everyday Empowerment Text-Based Program, June 7-27

Join *Everyday Empowerment* to receive tips and strategies on how to make your day brighter! This three-week, text-based campaign will focus on cultivating joy, gratitude, and mindfulness with activities designed to de-stress and promote self-care. **To join, text [@gcmppower](https://gcmppower.com) to 81010.** You'll receive a confirmation text in response. Texts will be sent at varying times each day from June 7 through June 27.

Mending Minds, UF Health Employees Only

Learn how to recognize mental illness and practical tips to promote well-being during this virtual webinar series. Throughout the program, learn strategies to combat feeling isolated, healthy habits to practice daily, and how to find joy and peace again.

Scan the QR code to register.



- April 1 | Maintaining Healthy Relationships
- April 8 | Mending Minds and Healing

W Ongoing Challenges

Up for a new challenge? Sign up for a different two- to four-week challenge each month of this quarter! Follow the suggested timeline below, or make your own. **You can register for these challenges any time at GatorCare.org/wellness-challenges.**

April: Get Gritty — Learn tools for improving resilience with this four-week challenge.

May: Meditation — Explore four different styles of meditation with this four-week challenge.

June: Sleep — Join this 28-day sleep challenge.



Stay informed of our ongoing wellness events by signing up for our wellness newsletter. **Use the QR code to subscribe!**



Explore GatorCare.org and wellness.hr.ufl.edu for additional information.