



Healthy **You**, Healthy **Us**, Healthy **UF Health**



Journey Through Japan Individual Walking Challenge (LAST
CALL!!)

May 1-31

Did you know that Japan encompasses nearly 7,000 islands?! From North to South, this challenge will submerge you in the rich culture and history of Japan and even give you tips about how to stay healthier for longer. Get stepping this May and journey through Japan by registering for this walking challenge!

<https://gatorcare.org/walking-challenge/>

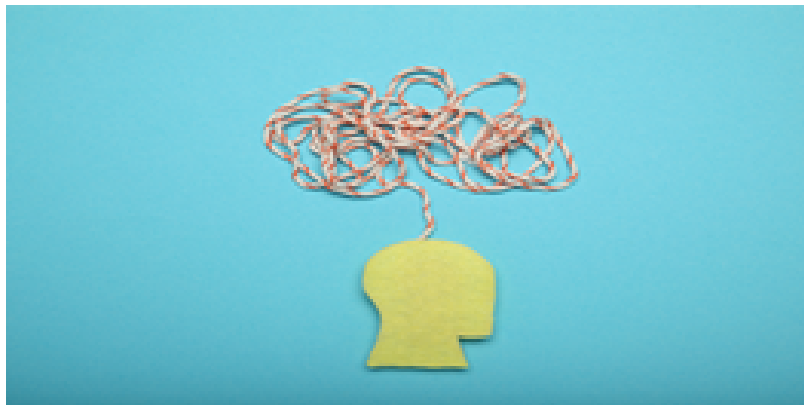


Wellness TV: Mental Health Awareness Month

May 3, 12-12:30 p.m.

This May, get informed about mental health and its effects on your life with Wellness TV's Mental Health Awareness Webinar! Join us for this discussion hosted by CHAMP Director and Licensed Psychologist, Dr. David Chesire!

https://ufhjax.zoom.us/meeting/register/tjwlcu2srzo vG9QsXoHgDMJeb1nh5-_iP7-2#/registration



Talk About It: Mental Health

Anxiety disorders are the most common mental illnesses in the United States. However, they can be difficult to diagnose and are often overlooked as "normal stress or anxiety". If you're experiencing symptoms that impact your day-to-day life, you deserve the support you need.

Review this page to see which symptoms are familiar to you.

<https://gatorcare.org/wellness/health-information/generalized-anxiety-disorder/>



No-Cost One-on-One Health Coaching Ongoing

Are you ready to work on wellness goals, but aren't sure where to start? Meet with one of our health coaches, Gina! Health coaching with Gina is available for all UF and UF Health Employees at no cost via Zoom, phone, or in-person (Jacksonville) to help with well-being goals and related healthy lifestyle behavior changes.

Sign up now at [GatorCare.org/health-coaching](https://gatorcare.org/health-coaching).

https://ufl.qualtrics.com/jfe/form/SV_bkMP5HTWka6vkMK

Always Be A

GOAL Getter



Everyday Empowerment

June 5-25, Registration Open Now!

**Start each day with a mindset of gratitude,
awe, and purpose.**

**Returning this June, Everyday Empowerment
is a three-week, text-based campaign focused
on helping you cultivate:**

gratitude

mindfulness

connection with others.

**By signing up for this program, you will receive
tips and strategies to encourage your own self-
care sent straight to your phone every
morning.**

Sign up for Everyday Empowerment here!

**[https://ufl.qualtrics.com/jfe/form/SV_bvJl80cTb
N0ZXlc](https://ufl.qualtrics.com/jfe/form/SV_bvJl80cTbN0ZXlc)**

***I can
&
I will***



Building and Maintaining Healthy Habits: A WW Webinar

May 11, 1-2 p.m

Developing habits is how our minds deal with the information overload that comes with everyday life. Join us on Thursday, May 11th where Allison Grupski, PhD, Vice President, Behavior Change Strategies & Coaching at WeightWatchers and Coach Sophie Webb discuss how to build healthy habits and maintain them – for the long haul. Click here to register!

https://weightwatchers.zoom.us/webinar/register/WN_ZOILZbBxSiyAYt6y46Qtuw#/registration

