

# Thrive

## April - June 2024 Employee Wellness Highlights

This quarter focuses on emotional , spiritual , intellectual , and environmental  wellness.

Check out our featured wellness programs and resources for UF and UF Health employees below!

## APRIL



### Spring Team Walking Challenge: Destination Vacation, April 1-28

Who says vacations are all about lounging around? Get active and explore some of the world's breathtaking island destinations via a virtual map. Grab that sunscreen and gather your team members; you're on your way to an exciting adventure!

Join today at [GatorCare.org/Spring-2024](https://GatorCare.org/Spring-2024).



### Mindful Mondays Program, April 1-May 20

Practice mindfulness in 10 minutes or less! Join our email program for weekly tips on reducing stress, enhancing memory, and boosting well-being through simple mindfulness exercises. Register at [GatorCare.org/Mindful-Mondays](https://GatorCare.org/Mindful-Mondays).



### Gators Go Green Challenge, Throughout April

April marks the celebration of Earth Day. In honor of this holiday, we invite you to participate in this Eco-Friendly Challenge to help you adopt lifestyle changes that allow for greater environmental awareness and impact. Get started now at [GatorCare.org/Go-Green](https://GatorCare.org/Go-Green).

## MAY



### Everyday Empowerment: Text-Based Program, May 27-June 30

Start each day with a mindset of gratitude, awe, and purpose. Each morning for five weeks, receive a text message to help you cultivate joy in your daily interactions! Register now at [GatorCare.org/Everyday-Empowerment](https://GatorCare.org/Everyday-Empowerment). Standard text message rates apply.



### Digital Detox, Ongoing

Join this 30-day challenge to develop healthy boundaries with technology. Receive daily emails with tangible and specific guidelines for altering your technology consumption.

Start your detox at [GatorCare.org/Digital-Detox](https://GatorCare.org/Digital-Detox).



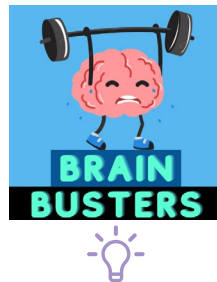
# JUNE



## Color Your Plate, June 18-July 23

Discover the nutritional wonders of nature's palette and explore a spectrum of flavors with our curated recipes and health insights. Join us as we paint your plate with the rainbow of fruits and vegetables, making every meal a celebration of health and vitality.

Register for this email-based program at [GatorCare.org/Color-Your-Plate](https://GatorCare.org/Color-Your-Plate).



## Brain Busters Trivia Challenge, Ongoing monthly

Brain games help maintain and boost cognitive performance. Give your brain a boost by participating in a monthly trivia challenge on Kahoot! Answer as many questions correctly each month and place as the top score to earn a prize!

Play now at [GatorCare.org/Brain-Busters](https://GatorCare.org/Brain-Busters).

Note: Enter your FULL NAME as your nickname when playing.

## Did you know?

**May is Mental Health Awareness Month!** This May, take proactive steps to prioritize your mental well-being by engaging in open conversations, seeking support when needed, and practicing self-care strategies. Find at least one way to nourish your mental health each day.

**Learn more at [GatorCare.org/mental-health-services](https://GatorCare.org/mental-health-services).**



Stay informed of our ongoing wellness events by signing up for our weekly wellness newsletter.

Use the QR code to subscribe or visit [GatorCare.org/newsletter](https://GatorCare.org/newsletter). Explore our websites below for additional information.



[GatorCare.org](https://GatorCare.org)

[worklife.hr.ufl.edu/wellness](https://worklife.hr.ufl.edu/wellness)