

IOWA

University Human Resources

Well-Being Services 2024

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Agenda

- Identify well-being as a strategy for supporting campus
- Review services to support campus well-being for 2024

Well-being provides the foundation for the people strategy at the University of Iowa.

By embedding well-being and mental health into all aspects of campus culture we are better able to support students, faculty, and staff.



University of Iowa Strategic Plan Holistic Well-Being and Success

Institution

Well-Being as an Institutional Priority

By building individual and departmental well-being priorities across our campus, we attract and retain top talent who contribute to a thriving university community.

Units/Departments

Take care of our Units/Departments

Embedding a culture of well-being into units and departments empowers people to make the healthy choice. Building supportive supervisors and environments enables a culture of well-being.

People

Taking care of our people

Our students, faculty, and staff are what make the University of Iowa a special place. Supporting their unique well-being goals ensures institutional success.

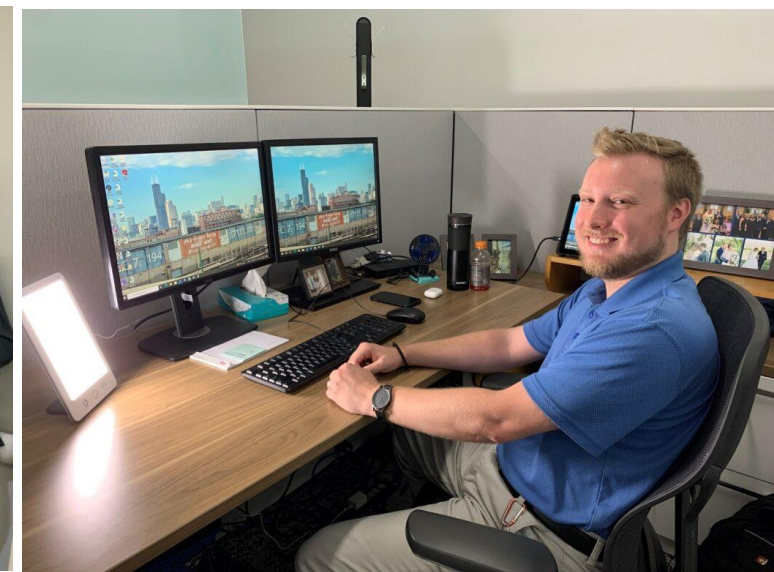
Supporting our People

- **Tailored programs to support unique needs of our people**
 - **Personal Health Assessment**
 - Rec Membership Incentive
 - ReCharge+
 - **Health Coach Service**
 - Mindfulness Based Stress Reduction
 - Personal Training
 - Lifestyle Change Programs
 - Diabetes Prevention Program
 - Wondr Health
 - **Employee Assistance Program**
 - Short Term Counseling
 - Suicide Prevention Training
 - **Family Services**
 - Elder Caregiving
 - Childcare Resources



Supporting our Units/Departments

- Wellness Ambassadors
- Wellness Heroes
- Wellness Grants
- Well-Being Toolkits
- Online Programs
- Health Fair



Institutional Success

- Data Driven Initiatives
- Strategic Plan
 - Well-Being and Mental Health Collaborative



It Starts with the Personal Health Assessment

Personal Benefits

- Contribute to campus well-being strategy
- Access programs and services including:
 - Recreational Membership Incentive
 - Wellness Points
 - Health Coaching

Campus Strategy

- Key Performance Indicators for well-being
 - Cantril Well-Being Scale
 - New 2024: Belonging

Take the Surgeon General's 5-for-5 Connection Challenge with UI Campus: Feb 5-16

5 FOR 5 CONNECTION CHALLENGE

Do you want to improve your mental & physical health?
Deepen your friendships? Boost your immunity?

Join the Challenge! One of the important factors for long-term happiness and health is our relationships. We're asking everyone to take 5 actions over 5 days to express gratitude, offer support, or ask for help. How will you reach out and connect?

Visit mentalhealth.uiowa.edu to learn more.

	How I Connected Today	How the Connection Made Me Feel
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

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Sponsored by:
Well-being and Mental Health Campus Collaborative
liveWELL
Student Wellness



5 for 5 developed by:
**Current Priorities of the
U.S. Surgeon General**

Close Bonds	EXPRESSING GRATITUDE Think of a time you felt a strong bond with someone in your life. Consider the ways this experience made you feel close and connected with them. Share this memory with that person and thank them for being in your life.	Connecting Through Laughter	DEEPENING RELATIONSHIPS Next time you're with a friend, try making each other laugh. Tell a joke or share a funny memory until you laugh together!
Three Good Things	Think about a positive relationship in your life. Write down three good things about the relationship. Notice how you feel as you think deeply about your connection. Consider sharing your reflections with that person.	Active Listening	Think of someone you feel comfortable with. Find an opportunity to talk with them and invite them share what's on their mind. Practice active listening during your conversation by asking open-ended questions and showing interest.
Quality Compliments	Engage a friend, colleague or loved one in conversation and bring up a positive thing that the person has done for you or others in the past. How did it feel to remember this person and thank them?	Family Ties	Reach out to a parent or family member. Ask your family questions that you wouldn't normally ask, like, how would people have described you when you were 8 years old? What's a memory you'll cherish forever?
Sharing Presence	GIVING SUPPORT Give the gift of time to someone you care about—whether it means doing something with them or something for them. How does it feel to be fully present with another individual? Do you feel more connected?	Contemplating Shared Experiences	The next time you meet someone new, strike up a conversation to learn about the things you have in common. How does it make you feel to know you share commonalities with someone you just met?
Acts of Service	Think of some acts of service you can do for a friend or loved one going through a difficult time, and reach out to offer support. Some ideas are: dropping off dinner, helping them with household chores, or going on a walk with them.	Friendly Smiles	BUILDING DIVERSE CONNECTIONS Try waving or smiling at different people while you are out and about this week. As you do this, reflect on how it makes you feel and how others respond.
Pay it Forward	Think about a recent act of kindness that was directed towards you. Make a plan to pass that kindness forward at some point this week. If possible, pass it on to someone new.	Neighborhood Chats	Get to know the names of different people in your community. Try starting conversations with your neighbors or other people you come across. Practice active listening as you meet and talk to new people.
Giving to Your Community	Get involved in your community through volunteering alongside others. For ways to find volunteering opportunities, look at the website of some of your favorite charities and causes. How has volunteering changed you?	Nurture your Niche	CONNECTING MORE FREQUENTLY Try finding and joining a group or activity related to something you love, like a book club, sports group, or cooking lessons. If it feels intimidating to join a group, that's ok! Take the first step by making a list of activities you love.
Asking for Help	RECEIVING SUPPORT Think of a situation in your life where you could use a little help. Maybe you are struggling to make a decision or to balance your obligations. Identify a person who's in the best position to help you and reach out to them.	Tiny Moments	Try reaching out to someone you haven't connected with in a while. Share some good news, a song, a photo, or a memory you have with that person to rekindle and encourage more frequent connection.
Accepting Help	Think about a time when you asked for help and someone in your life came through. Reflect on the lessons you learned from this memory and reach out to ask for support with something you need help with in your current life.	Making Time For Me	SELF-REFLECTION EXERCISES Grab a journal or a piece of paper and write a short reflection about your day. What did you notice about yourself when you read it?
Lean on Me	Who in your life can you depend upon and call any time of the day? Who can you reach out to for help during emergencies? Think of a person or two and jot down qualities that make them dependable.	Self Love	Find a moment of quiet in your day, and think about some things you love about yourself. This can be anything, big or small, and it's okay if it takes a moment to think of something.
		Nourish Your Connection Garden	If you ever feel overwhelmed with social obligations, give a moment to yourself. Take a deep breath, and think about something you did recently that you found to be nourishing.

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Well-Being Services 2024

Action: Well-Being at Every Level

People

- ✓ Take your Personal Health Assessment
 - ✓ Support your well-being:
 - ✓ Work with a Health Coach, Participate in **5 for 5 (February)** or **Live Healthy Iowa (NOW!)**
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Department

- ✓ Encourage your colleagues to take their Personal Health Assessment
 - ✓ Connect with your Wellness Ambassador to support a local culture of well-being
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Institutional

- ✓ Support well-being as a priority

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Well-Being Services

Questions?

→ [Hr.uiowa.edu/livewell](https://hr.uiowa.edu/livewell)

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