Well-Being Services 2024

Erin Litton, Senior Director, UI Wellness
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

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.

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.

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
# 5 For 5 Connection Challenge

## Practice Actively Listening During Your Conversation by Asking Open-Ended Questions and Showing Interest

### Friendly Smiles

1. **Nurture Your Neighborhood**
   - Think of someone you haven’t seen recently, and call or message them to check in.
   - Ask about their day and share something you’re grateful for.

2. **Tiny Moments**
   - When someone does something nice for you, tell them how much you appreciate it.
   - Reflect on a recent conversation you had with a friend and write down one thing you learned from them.

### Building Diverse Connections

1. **Connecting More Frequently**
   - Reach out to someone you haven’t spoken to recently and ask how they’ve been.
   - Suggest meeting up for coffee or a walk next week.

2. **Self-Reflection Exercises**
   - Take a moment to reflect on your day and think about something you’re thankful for.
   - Write down three things you’re grateful for, even if they’re small.

### Expressing Gratitude

1. **Close Bends**
   - Think of a time when you felt strongly about someone in your life.
   - Consider the thank you you’d like to say to them and say it out loud.

2. **Three Good Things**
   - Reflect on your day and write down three good things that happened.
   - Share them with a friend or family member.

### Connecting Through Laughter

1. **Deepening Relationships**
   - Think of someone you’d like to spend more time with.
   - Plan a fun activity or outing to do together.

2. **Active Listening**
   - Think of a recent conversation you had with a friend or family member.
   - Reflect on how you listened to them and how they responded.

### Sharing Presence

1. **Diving Support**
   - Think about a recent experience where you helped someone else.
   - Reflect on how you felt and the positive impact of your actions.

2. **Acts of Service**
   - Think of a recent time when you helped someone else.
   - Reflect on how you felt and the positive impact of your actions.

### Pay It Forward

1. **Giving to Your Community**
   - Think of a local organization or cause you support.
   - Reflect on how you can contribute to them.

2. **Giving to Another**
   - Think of someone you could help in a meaningful way.
   - Reflect on how you can make a positive impact on their life.

### Receiving Support

1. **Seeking Help**
   - Think of a recent time when you asked for support and how it made you feel.
   - Reflect on how you can seek help or support for others.

2. **Making Time For Me**
   - Think of a recent time when you took time for yourself.
   - Reflect on how you can make time for yourself regularly.

## Connecting With UI Campus: Feb 5-16

- **Take the Surgeon General’s 5-for-5 Connection Challenge with UI Campus:**
- **Well-Being Services 2024**

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**IOWA**

Well-Being Services 2024

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

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**Sponsored by:** Well-Being and Mental Health Services Collaborative Safety Student Wellness

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**UI WELL:**

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!)

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

Institutional
- ✓ Support well-being as a priority

Well-Being Services 2024
Questions?

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