Well-Being Update: Get Involved

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February: Get Involved in Well-Being
Take the Surgeon General’s 5-for-5 Connection Challenge with UI Campus: Feb 5-16

5 Actions for 5 Days

➢ **Step 1: Commit to connect**
  ➢ Commit to the UI challenge by clicking [here](#).
  ➢ Pick five days in a row to connect with people in your life.

➢ **Step 2: Connect each day for 5 days**
  ➢ Each day, take 1 simple action of your choice to express gratitude, offer support, or ask for help.
  ➢ To track your progress, download the connection card

➢ **Step 3: Reflect and share**
  ➢ How did connecting make you feel? Let your loved ones know about your experience and invite them to join in!
  ➢ We want to hear your stories, too. Share how you connect on campus to get your name into a drawing for prizes.

➢ mentalhealth.uiowa.edu/connection
Take the Surgeon General’s 5-for-5 Connection Challenge with UI Campus: Feb 5-16
UI Food Pantry: GOLDrush: Feb 1-29, 2024

• Join our month-long campaign to combat food insecurity on campus! February 1-29, we're rallying our community to make a lasting impact on campus well-being.

• Your Valentine contribution will showcase your name or the name of a cherished individual, symbolizing the care and compassion within our UI community.

• Your generous donations will ensure that our food pantry remains stocked with essentials, providing vital support to students and staff facing hunger. Let’s work together to nourish minds and bodies, fostering a thriving and caring campus community. Every contribution counts in our mission to alleviate food insecurity.

• $1=6 meals for the UI Food Pantry

⇒ Givecampus.com/schools/UniversityofIowa/have-a-heart-for-ui-food-pantry
Employee Assistance Program: Support and Crisis Line

• The UI Support and Crisis Line is a 24/7 text, chat or phone service for all University of Iowa students, faculty, staff, post docs and medical residents.

• Provided in partnership with CommUnity Crisis Services and is available all day, everyday.

mentalhealth.uiowa.edu/ui-support-and-crisis-line
2024 Resource Guide

- Comprehensive listing of Well-Being Resources for University Employees

hr.uiowa.edu/employee-well-being
Things You Can Do

• Take time to practice your own self-care. A liveWELL Health Coach is available to support a personalized plan.

• Follow the **20-20-20 rule**: Every 20 minutes, stand for 20 seconds, and look 20 feet beyond your computer.

• Encourage faculty/staff to complete the **Personal Health Assessment** (PHA). PHA supports campus, department, and individual well-being.
Things You Can Do With Your Department

• Explore the **Well-Being Resource Guide!**

• Add well-being topics or activities to staff meeting agendas; for ideas use **Well-Being Toolkits.**

• Create a wellness committee to provide input to the **Wellness Ambassador** and other departmental leadership.
Where To Start?

Schedule a well-being consultation with liveWELL to discuss services and programs that may best support you and/or your department culture. Email livewell@uiowa.edu to get started.