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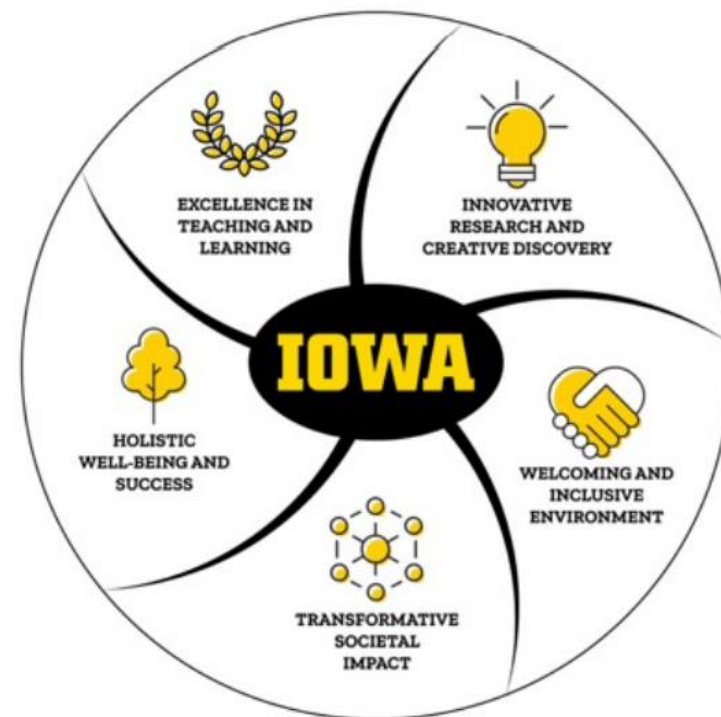
UI Staff Council: Well-Being

Well-Being at the Local Level

November 9, 2022

Embed Well-Being at the Local Level

- Daily Habits
 - Creating small, daily habits to support your own well-being
- Departmental Opportunities » Culture of Well-Being
 - Wellness Grants
 - Wellness Heroes
 - Weeks of Wellness
 - Wellness Ambassadors
 - Departmental Well-Being Toolbox
- Call to action
 - Nominate a Wellness Hero!



How do YOU infuse well-being at work?

Gratitude Practice



Hydration



Mental Breaks



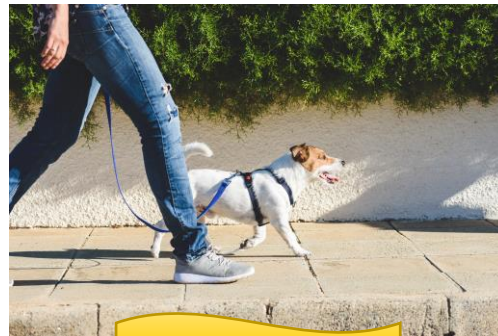
Nutritious Foods



Social Connections



Movement



Get Support for Daily Well-Being Habits

[liveWELL Health Coach Service](#)



<https://hr.uiowa.edu/employee-well-being/livewell/livewell-programs-and-services/health-coach-services>

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Departmental Opportunities

Wellness Grants:

- Promotes a culture of well-being in the workplace by funding wellness efforts and projects for specific departments. UI faculty and staff can apply for a [Wellness Grant](#) online.

Wellness Heroes:

- [Recognizing](#) a colleague or coworker for their wellness efforts is a great way to contribute to a positive culture in your workspace.
- **Write down someone in your workspace who is a wellness hero and why**



WELLNESS
Heroes

Nominate your Wellness Hero!

[HR.UIOWA.EDU/LIVEWELL/WELLNESS-HEROES](https://hr.uiowa.edu/livewell/wellness-heroes)

<https://hr.uiowa.edu/employee-well-being/livewell/livewell-programs-and-services/wellness-gra>

<https://hr.uiowa.edu/employee-well-being/livewell/livewell-programs-and-services/wellness-heroes>

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Departmental Opportunities

Weeks of Wellness:

- Celebration of well-being at the local level.
- UI faculty and staff learn about their wellness benefits, attend well-being presentations (virtually and in-person, as conditions allow), participate in challenges, and socially connect with colleagues to discuss well-being topics.
- <https://hr.uiowa.edu/livewell/week-wellness>

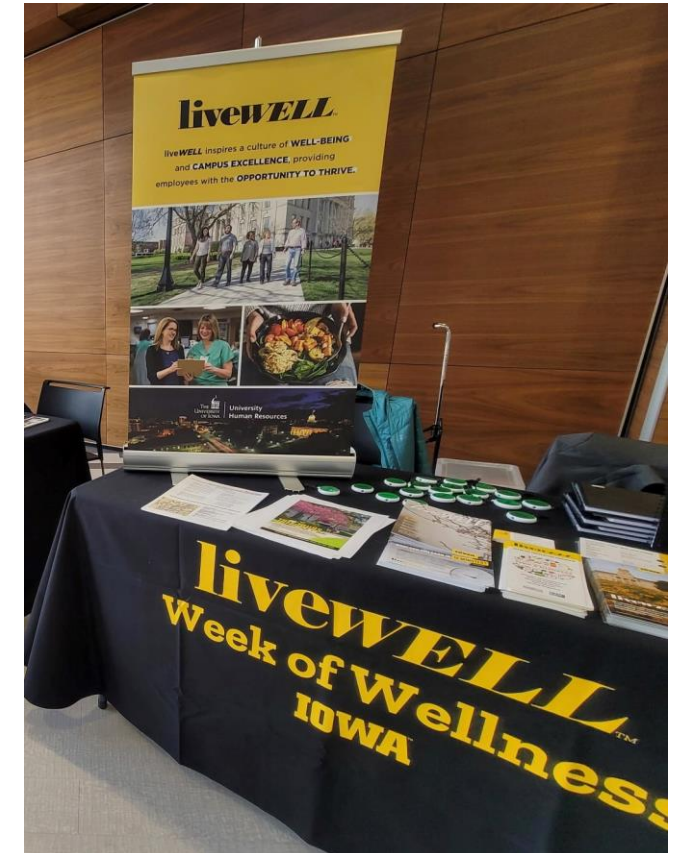
Wellness Ambassadors:

- Act as liaisons between their departments and UI Wellness.
- Play a vital role in supporting **liveWELL's** mission to “inspire a culture of well-being, providing employees with the opportunity to thrive.”
- <https://hr.uiowa.edu/livewell/wellness-ambassadors>

Do you know your Wellness Ambassador? Find them [here!](#)

<https://hr.uiowa.edu/livewell/week-wellness>

<https://hr.uiowa.edu/livewell/wellness-ambassadors>



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Departmental Well-Being Toolbox



2022 Campus Summer Wellness Scavenger Hunt, Tippie College of Business

<https://hr.uiowa.edu/livewell/department>

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Departmental Well-Being Checklist

BE A LEADER IN WELL-BEING

Anyone can be a leader in promoting a culture of well-being. Employees who are given opportunities to enhance their well-being are healthier and happier, which leads to greater engagement and satisfaction at work.

Contribute to the culture of health in your department by:

- Taking time to practice your own self-care
- Promoting workplace flexibility to support time for exercise, work/life needs, family priorities, and other interests that are valued by each individual
- Adding well-being topics or activities to staff meeting agendas
- Creating a wellness committee to provide input to the Wellness Ambassador and other departmental leadership
- Following the 20-20-20 rule: Every 20 minutes, stand for 20 seconds, and look 20 feet beyond your computer
- Scheduling active meetings, inclusive of all abilities
- Being supportive of others' psychological and mental health concerns
- Encouraging faculty/staff to complete the Personal Health Assessment
- Engaging in meditation or mindfulness practice for 3-5 minutes daily
- Practicing gratitude
- Utilizing a centering activity like positive reflection or deep breathing
- Promoting lifelong learning via trainings, workshops, and professional development opportunities
- Dedicating a bulletin board to wellness tips
- Taking extra efforts to learn and appreciate the uniqueness of each individual in the work group and the strengths they bring to work
- Providing healthy food options when catering



Well-being at the University of Iowa is a process focused on life-long learning that promotes and sustains optimal health, personal connectedness, meaningful experiences, and a purposeful life.

When employees have a high sense of well-being, they are better able to bring their best and authentic self to work, be physically and mentally prepared to show up, communicate well, and serve the mission of the University of Iowa.

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Human Resources provides leadership in shaping an equitable and inclusive culture that drives diversity, excellence and innovation by supporting talent, engagement and the employee work experience.

liveWELL, Family Services, and UI Employee Assistance Program are units of University Human Resources.

Call to action!

Nominate a Wellness Hero:

A Wellness Hero inspires those around them to be healthier. To acknowledge their efforts, a Wellness Hero will be awarded a certificate, a Wellness Hero prize, and be highlighted in the quarterly [liveWELL newsletter](#).



2022 Wellness Hero Jodi Heth

“Jodi is our wellness ambassador and is an example of healthy living. She recently completed her goal to run a 1/2 or full marathon in each state across the United States. She is working to improve wellness at the Ambulatory Surgery Center by creating a monthly newsletter with different ideas and topics. One of her ideas, with the help of Lisa Ellenson and Molly Kucera, is sending a monthly newsletter and planning unit activities to promote health, wellness, and camaraderie.”

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Melanie Cuchna, MPH, MCHES
Senior Well-Being Specialist and
Health Coach

Kelli Jackson Amato, Well-Being
Specialist

→ <https://hr.uiowa.edu/employee-well-being>