

Work-Life Wellness



Growing A Wellness Culture

EMOTIONAL

Emotional Wellness involves being aware of your thoughts and feelings and making the choice to have a positive attitude and embrace life.

Tips on being Happier:

- Practice stress management techniques.
- Acknowledge and recognize your feelings.
- Learn emotional intelligence techniques so you can have better control of your emotions.
- Smile at least 20 times a day.
- Commit acts of kindness.
- Count your blessings.
- Avoid over- thinking and social comparisons.
- Forgive.
- Create and focus on your goals.
- Nurture your relationships.
- Seek professional assistance when you need help.

Resources Available

The Employee Assistance Program
UTEAP.org

The University Counseling Center

SOCIAL

Social Wellness involves having good positive relationships with those around you and establishing a strong support system.

How to achieve Social Wellness

- Healthy relationships
- Community involvement
- Accepting diversity

Healthy Tips!

- Set realistic expectations in your relationships.
- Communicate.
- Be flexible.
- Be reliable.
- Enjoy your own company.
- Show warmth and affection.
- Be willing to help others.
- Accept those around you.
- Foster positive work relationships with your coworkers.

SPIRITUAL

Spiritual Wellness involves getting in touch with your core self, having a sense of meaning, purpose, and appreciation in your life.

Healthy Practices:

- Practice gratitude.
- Take time to be silent.
- Look for a deeper meaning.
- Remember your core values.
- Be accepting of others.
- Be a doer. Don't just speak it or read it. Live a life that honors your beliefs and values.

FINANCIAL

Financial wellness is a state of financial well-being. It includes having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes.

Maintaining that balance consists of having:

- Minimal financial stress.
- A strong financial foundation consisting of little or no debt, an adequate emergency savings fund and living below your means.
- An ongoing plan that puts you on track to reach future financial goals.

INTELLECTUAL

Intellectual Wellness involves engaging in mentally stimulating activities that feed your creativity and inspires you.

How to improve:

- Become a mentor.
- Discover new hobbies.
- Take a course / learn a new language.
- Sign up for newsletters or blogs that cover interesting topics.
- Watch educational programs and documentaries.
- Read the newspaper and your trade publications.
- Play games like crossword puzzles, Chess, Scrabble and Sudoku.
- Discuss your career progression with your manager/ supervisor.
- Seek ways to improve your work performance.
- Join professional organizations.
- Take advantage of learning opportunities offered at work.

PHYSICAL

Physical wellness involves taking care of your body. This is achieved by maintaining a regular fitness routine and eating a healthy balanced diet. Physical wellness also includes cardiovascular health and endurance, flexibility, and muscular strength.

Healthy Habits:

- Take responsibility for your healthcare.
- Maintain a healthy weight.
- Get enough sleep.
- Avoid using tobacco and recreational drugs.
- Get physical activity on a regular and consistent basis.
- Get regular checkups and screenings.
- Seek medical attention when ill.

The **University Recreation and Wellness Center** is your one-stop shop for information and resources on becoming and staying physically well. Whether you want to work with a personal trainer, run a few laps around the indoor track, swim in the pool, take a class, or if you need a health assessment and tips on eating well, the Rec Center is there for you.

ENVIRONMENTAL

Environmental wellness involves being aware of, and taking responsibility for the air, water, and environment around us.

Reduce, Reuse, Recycle

Environmental Tips:

At Home:

- Use energy efficient appliances.
- Consider washing your clothes in cold water.
- Consider paperless billing.
- Recycle your old magazines.
- Turn off the lights and unplug electronics when they're not in use.

At the Office

- Print on both sides of the paper.
- Use reusable coffee mugs and water bottles.

In the Community

- Carpool.
- Take your own bags to the supermarket.
- Take fewer napkins when you eat out.