First Thursdays: Mental Health Speaker Series

Coping during the time of COVID-19 is an uncharted, life-changing task for everyone, and it can make caring for our own mental health and the mental health of those around us a challenge. Check out our upcoming mental health presentations as experts share resources and strategies for coping in a time of COVID-19. These will be held on the first Thursday of the month through May 5. All sessions are from 1:00 p.m. to 2:00 p.m. Upcoming dates and topics:

- Thursday, March 3 – The Role of Well-Being in Coping
- Thursday, April 7 – Negotiating (Quality) Relationships in the New World
- Thursday, May 5 – Suicide Prevention

A ZOOM link and recording of the sessions will be posted at [https://mentalhealth.uiowa.edu/speaker-series](https://mentalhealth.uiowa.edu/speaker-series).

liveWELL Training Sessions* via ZOOM

*All class times are 12:10-12:50 p.m.
Session descriptions provided on the liveWELL Training website.

- liveWELL Meal Planning for Busy People – Thursday, March 10
- liveWELL Financial Wellness: Maintaining Home Ownership – Wednesday, March 22
- liveWELL Caregiving Spring Cleaning – Wednesday, March 30

*Register for liveWELL training sessions in [Self Service, My Career, My Training](https://self.service.uiowa.edu). Search Course Title "liveWELL".

**NEW** liveWELL Training Sessions* “On Demand” in ICON

A new resource for UI employees in 2022 is access to three liveWELL Training Sessions for “On Demand” learning in ICON. These allow you to go through the training at your own pace on your own time. Register for the courses in Self-Service, My Career, My Training, and search On Demand.

- liveWELL Wellness Overview: Did You Know?
- liveWELL Resilience 101
- liveWELL Design Your Well-Being: Engineering Good Habits for Life

*Register for liveWELL training “On Demand” sessions in [Self Service, My Career, My Training](https://self.service.uiowa.edu). Search Course Title “On Demand”.

2022 PHA and Recharge+ – My liveWELL Portal

Log in to your [My liveWELL Portal](https://self.service.uiowa.edu) (in Self-Service, Benefits & Wellness) and take your 2022 PHA and check out a new program called Recharge+. This validated assessment provides a snapshot of your resilience and provides immediate feedback on how you can improve with text messages in three key domains: reset, rethink, reconnect. You can opt in for this program and schedule the time of day to receive your text messages. Learn more and hear a personal testimony about the power of this program at the [liveWELL website](https://wellness.uiowa.edu).

liveWELL inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.