

Kleinmeyer, Emily E

From: Office of the Provost HR
Sent: Monday, October 3, 2022 4:20 PM
To: Kleinmeyer, Emily E
Subject: FW: October Wellness Ambassador Updates

From: liveWELL <livewell@uiowa.edu>
Sent: Monday, October 3, 2022 4:18 PM
To: Office of the Provost HR <PROV-UC-HR@uiowa.edu>
Subject: October Wellness Ambassador Updates

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Wellness Ambassadors

Note: only wellness ambassadors are receiving this message. Please forward to your organizations!

You can edit this message before sending to your orgs! Hit forward and you can delete this out of the body of the message!

UI Health & Well-Being Fair

Make plans to attend the UI Health & Well-Being Fair on Wednesday November 2 between 7:30 a.m. – 2:00 p.m. at the UI Field House Main deck.

- Meet with UI Benefits to review your 2023 Benefits Open Enrollment
- Obtain your Flu Vaccine
- Participate in Health Screenings (blood pressure, cholesterol, fasting plasma glucose)
- Win prizes for participation, get some giveaways, and earn **liveWELL** Points!
- And visit with dozens of departments across campus about health and well-being topics



UI Health & Well-Being Fair →

liveWELL Resilience 101

We have all faced adversity and worked in the face of significant stress. Fortunately, decades of research have set a roadmap for building resilience: adjusting to life-changing situations and emerging even stronger than before. Refresh your approach to building resilience on Tuesdays this October

4-part Zoom series to be offered on Tuesdays in October:

10/4, 10/11, 10/18, and 10/25

Time: 12:10-12:50 p.m.

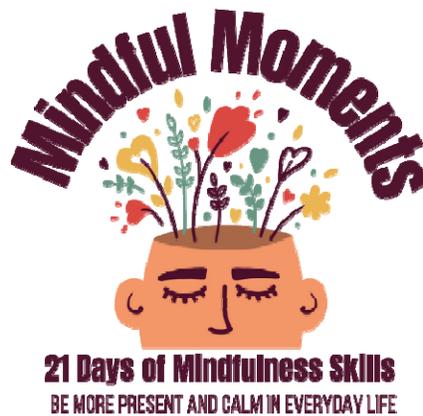
Participants may attend one, two, three, or all four sessions. Also available on demand through [Self Service/My Training](#).



Resilience 101 →

Mindful Moments

Join **liveWELL** in a 3-week program to gain an understanding of mindfulness skills that will help you work toward a more calm and present state in your everyday life. We partnered with students from the [Department of Health and Human Physiology](#) to come up with 21 activities that you can use to practice mindfulness using your senses, breath, and reflection.



Mindful Moments →

liveWELL Taste of Mindfulness: Shifting When You Feel Stuck

How can we shift our mindset in a way to promote more easeful approaches to work and life? Mindfulness can support changing your perspectives to help navigate through uncertainty. Come join this Taste of Mindfulness with Brad Baldwin from Aperture to hear more and experience a guided meditation.

Wednesday, October 26 via Zoom.

Time: 12:10-12:50 p.m.



Taste of Mindfulness: Shifting When You Feel Stuck →

Kognito: At Risk

Kognito is an online, interactive role-play simulation program for students, faculty, and staff that builds awareness, knowledge and skills about mental health and suicide prevention. It prepares users to lead real-life conversations with fellow students and colleagues who are in distress and demonstrates how to connect them with the support they need.

We are encouraging all staff and faculty to take this opportunity to build skills leaning in to our colleagues who may be in distress. This will take less than one hour but you will learn tools for a lifetime.



Learn More →



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Wellness Ambassadors

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