



Wellness Ambassador Newsletter



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WELLNESS AMBASSADOR SPOTLIGHT

"I chose to be a Wellness Ambassador because wellness in all areas is very important to me, and I want to help other people on my team at the Eskenazi Museum of Art lead healthier, more balanced lives. Being a Wellness Ambassador helps me know about the amazing health and wellness opportunities IU offers and allows me to spread the word about my own work on campus as an art therapist. My favorite part about being a wellness ambassador is being a part of a team of people IU-wide that love helping others grow into their best selves!"

[Read](#) Lauren's new Journey Story and consider [submitting](#) your own!

FINAL NUDGE! SIGN UP TO BE A WELLNESS AMBASSADOR



Pssst . . . Are you a former wellness champion who is interested in becoming a [Wellness Ambassador](#), but have not yet signed up?

This newsletter will be the last communication sent to former wellness champions! Moving forward,

only Wellness Ambassadors will be receiving communications from Healthy IU in this capacity.

Wellness Ambassador [sign up](#) is always open! If you're not sure if now is the right time for you, that's okay! You can sign up when the timing is better.

Click [here](#) to see a list of current Healthy IU Wellness Ambassadors (as of December 8, 2020).

CALENDAR

January 12-13, 2021:

University-wide Healthy IU Spring 2021 program newsletters go out to all eligible employees.

March 1-19, 2021:

Move More IU Online Challenge takes place. Sign up and challenge yourself to move more throughout the day with tips and inspiration from Healthy IU! (More details coming soon!)

May 7, 2021:

Save the Date for the first-ever Wellness Ambassador Bi-Annual Meeting (Online)!

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HEALTHY HOLIDAY RESOURCES

Healthy Eating: Check out our [Healthy Holiday Cookbook!](#) If you're doing some holiday baking, try our popular [Peanut Butter Chocolate Chip Date Cookies.](#)

Keep Moving: Use [Rec Sports at Home](#) to stay active indoors, or brave colder temps (you just might enjoy the fresh air!) with these cold weather outdoor physical activity [tips.](#)

Peace of Mind: Navigate holiday stress with this [Holiday Survival Guide](#) recorded presentation. Remember the [IU Employee Assistance Program](#) is always available!

More resources [here!](#)

8 DIMENSIONS OF WELLNESS: ENVIRONMENTAL



Fact: If every American family wrapped just 3 presents in re-used materials, it would save enough paper to cover 45,000 football fields!

Try these sustainable holiday tips:

- **Save money and get crafty!** Use last year's holiday cards to create this year's "to" and "from" labels for gifts.
- **Make gift giving more fun and active!** Hide your unwrapped gifts and put clues to where they are around your house.
- **Brighten the neighborhood!** Instead of buying a tree for the inside of your house, decorate a tree in your yard.

Find more tips and ideas for a sustainable holiday [here.](#)

The 8 Dimensions of Wellness are: physical, emotional, occupational, environmental, social, intellectual, financial, and spiritual.

HEALTHY IU TEAM MEMBER SPOTLIGHT

- **What do you do in your role with Healthy IU?** I'm usually the first voice on the other end of your phone call or the first response on the other end of your email when you are contacting the Healthy IU office. I am the Office Coordinator who takes care of ordering the supplies and incentives, pays the bills, processes health screening incentives, and keeps track of the Healthy IU program calendar, among a variety of other things!
- **Why do you like working at IU?** I like working at IU because I enjoy the work that I do, especially being part of Healthy IU — helping to take care of IU's employees. I'm especially excited about working with the Healthy IU Wellness Ambassadors to help improve the health and wellness of specific departments within the university. The best part of working at IU is that I have a great group of co-workers — my Healthy IU team!
- **When should people contact you?** They should contact me if they have any questions about Healthy IU or our services. I usually know the answer or I will figure out where to send them to find the information that they are looking for. Most of the inquiries I get are regarding health screenings and incentives.
- **Fun fact:** I like to sing out loud anywhere I find an acoustically sound location (tunnels, hallways, bathrooms, etc.) — only after I've checked to make sure no one is listening. One time someone caught me and thought I sounded kinda good LOL!



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