



Wellness Ambassador Newsletter

WELLNESS AMBASSADOR SPOTLIGHT



JEREMY LINTON

Counseling and Human Services
Professor, School of Education,
IU South Bend

Dr. Jeremy Linton, counseling and human services professor in the Indiana University South Bend School of Education, is pursuing a different approach than standard counseling to support local veterans: guitar lessons. He has started a new South Bend chapter of Guitars for Vets, a national nonprofit organization whose mission is to help veterans recover from trauma and post traumatic stress disorder (PTSD) through the process of learning to play guitar. "It is truly a powerful and effective program," says Jeremy.

Through the South Bend chapter of Guitars for Vets, Jeremy and a team of volunteers will offer guitar lessons at the South Bend Vet Center to local veterans as a way to find comfort through music and connect with others. Each participant receives 10 lessons and at the end they receive a free guitar of their own to keep.

"Playing the guitar helps with trauma because they can focus on something positive, work toward a goal, and get immediate feedback. When they are concentrating on it, everything else just kind of goes away," explains Jeremy. "It gives them a sense of achievement and purpose."

This is an excerpt from IU South Bend News. [Read the full article.](#)

SLEEP GREAT IU! CHALLENGE



February 7-March 6, 2022
Open to all members of
the IU community

Getting enough sleep can improve just about every aspect of your life! Participate in "Sleep Great IU!" to practice simple habits that can help you sleep better and feel more energized throughout the day. A t-shirt incentive is available on a first-come, first-serve basis for full-time IU employees and their spouses on an IU-sponsored medical plan when they register. [Sign up today!](#)

WW Friends + Family Kit



Join WW by December 31 and get a free Friends + Family Kit with your WW membership. IU offers WW as a covered benefit, year-round, at no cost to you! "Digital" and "Digital + Workshops" options are available. [Learn more.](#)

8 DIMENSIONS OF WELLNESS: PHYSICAL



Did you know? **Physical wellness consists of healthy habits toward nutrition, sleep, exercise, appropriate health care, stress reduction, and overall physical health.** Physical wellness also includes developing body awareness and personal stewardship towards attending to your own health.

Explore different ways of taking care of yourself that you personally enjoy and make you feel good:

- **Opportunities to Move:** Every minute of physical activity makes an impact! Check out Workstation Movements, tips for moving a little bit here and there throughout the day, and active work break ideas.
- **Easy, Healthy Recipes:** Steven Lalevich, Healthy IU's Registered Dietitian, has hand-picked a library of deliciously healthy recipes. (Or you can [schedule an appointment](#) with Steven for a more personalized approach!)
- **Sleep Great:** There are many things we can do during the day to help us sleep better at night! Join the Sleep Great IU! Challenge in February 2022 to learn and practice these habits, or check out our [Sleep Resource page](#) to get started now!

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

SPRING 2022 HIGHLIGHTS

- **January 4:** Healthy IU Spring 2022 newsletters are sent to all eligible employees university-wide
- **February:** [My Voice at IU](#) survey is sent
- **February 7:** [Sleep Great IU!](#) starts
- **May 6:** [Wellness Ambassador](#) Bi-Annual Meeting
- **Last Friday in May:** [Health Screening](#) deadline! Make sure your on-campus wellness screening is completed or your [Verification Form](#) is turned in to receive your incentive for this fiscal year.

Did you miss a newsletter? Check out archived Wellness Ambassador Newsletters [here](#).

HEALTHY IU TEAM MEMBER SPOTLIGHT

Tell us about your role as Healthy IU Communications Generalist.

My main job is to make sure employees and their spouses know about all the amazing Healthy IU programs, services, and resources available to them. That includes writing for, creating, and maintaining the Healthy IU communications strategy, website, challenges, newsletters, flyers, articles, and social media. It also includes staying in touch with our WONDERFUL Wellness Ambassadors!

When should someone contact you about communications?

If you have a program or event that you would like the greater IU community to know about, I can help point you in the right direction for sharing. If you have a story connected to one of the 8 Dimensions of Wellness, I would love to hear it! Storytelling is a huge part of creating and sustaining a culture of wellness.

Why do you like working at IU?

I really enjoy the breadth and depth of different personalities, strengths, and viewpoints all working to achieve IU's mission.

Tell us a fun fact about yourself.

I'm a certified health and wellness coach who is very excited to be putting those skills to use in the Healthy IU Work + Life Dream Big program and upcoming Prevent Type 2 Diabetes program.



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