WELLNESS AMBASSADOR SPOTLIGHT

How long have you been with IU and what is your role?
I have been an employee with IUPUI since 1999 at the Herron School of Art & Design. I am a Student Services Coordinator in the Admissions and Student Services department.

If you had to pick just one, what is your favorite Dimension of Wellness, and why?
Even though all dimensions work together to make us “whole,” I would say the spiritual aspect is my favorite. To me, spiritual wellness is the core of who we are as human beings. I believe in the phrase “As Within, So Without”; that everything begins within, so, I usually start my day with the spiritual aspect because it sets the tone for me. Part of my journey began with some of the beginning wellness programs that Healthy IU offered like the Midday Mindfulness with Scott Sweet, and Tai Chi workshops. These workshops led me to enroll in some IUPUI classes: stress management, meditation, and Complementary and Alternative Health Solutions with Professor Nancy Barton.

Why did you become a Wellness Ambassador?
I decided to become a Wellness Ambassador because I love sharing and empowering others to shift their priorities just a little bit and be like, “here’s something to add to your holistic toolbox that can help you feel balanced and centered during life’s challenges.” Health is wealth, and if we do not make daily deposits into our wellness bank, we will have nothing in our wellness savings to lead quality lives.

STACY FILES, Student Services Coordinator, Herron School of Art & Design, IUPUI

What is your favorite part of being a Wellness Ambassador?
The best part of being an ambassador is connecting with other affiliates and reading inspiring stories. Also, I can’t say enough about the fun you can have with your colleagues with some of these challenges. For example, my department had a competition with faculty on the Climb IU stair challenge. I don’t even remember who won, I just remember the laughter and bonding.

WORK + LIFE COMMUNITY NETWORK: CROCHET

A new university-wide Healthy IU, Work + Life Community Network will launch January 2023. We are looking for individuals who are interested in connecting with others who share a love for crochet. In addition to sharing ideas, swapping patterns, and connecting with others, the group intends to donate their crochet creations to IU organizations or units such as Riley Hospital's NICU, IUH Simon Cancer Center, etc. Interested parties contact Megan Fedler, Healthy IU intern, at mfedler@iu.edu for additional information.

Continued on back
CARE TALKS

Throughout 2023, IU Benefits Partner Care.com will be offering a monthly Care Talk on each of the themes below:

- Confident Parenting
- Raising Children with Disabilities
- Caring for Aging Loved Ones
- Financial Wellness
- Your Healthy Lifestyle
- Emotional Wellness
- Succeed at Work

Care Talks are exclusive events from expert speakers offering advice and guidance to help you better care for yourself and your family.

Check out the Care Talks scheduled for January & February, and register today!

COMING UP!

First Week of January
- Registration for all Healthy IU Spring Semester Programs opens
- Newsletters sent to most campuses

February 6-March 3
- Move More IU Challenge takes place

GRATITUDE CHALLENGE SPOTLIGHT

Gratitude can be a useful tool for both physical and mental well-being. Research shows that grateful people have better physical and mental health, including lower levels of blood pressure; better quality of sleep; lower levels of stress, depression, and anxiety; and higher levels of happiness.

Gratitude is defined as the appreciation of goodness in our lives and the recognition that “the sources of this goodness lies at least partially outside the self” (Emmons & Stern, 2013).

This fall, over 600 IU employees, spouses, students, and community members participated in the Healthy IU Gratitude Challenge to develop the lifelong habit of gratitude through daily journaling (with the option of group support) and a weekly gratitude activity of their choice.

Early results from the challenge are now available online. One interesting finding is that Gratitude Walks were the most popular activity selected during the challenge, as well as the activity most participants said they would likely continue after the challenge.

COMING UP!

TRY IT! GRATITUDE WALK

Try the most popular activity from the 2022 Gratitude Challenge! Gratitude Walks help you savor the beauty of your day-to-day environments and to experience gratitude for the surroundings that we tend to take for granted. Take a stroll on your IU campus, in your neighborhood, or in a park. Your goal is to slow down, pause, observe and appreciate something beautiful or interesting in your environment that you have taken for granted or not previously noticed. For example, you might want to spend a few minutes observing a tree that you walk by on a regular basis. Be on the lookout for beauty and novelty. Be open to being pleasantly surprised.

Take time to experience gratitude for what you observe. Take a photograph of what you have observed that inspires gratitude in you. Then write a brief note (1-2 sentences) about what you’re grateful for and why.

TRY IT! GRATITUDE WALK