



# Wellness Ambassador Newsletter

## WELLNESS AMBASSADOR SPOTLIGHT

### Why did you become a Wellness Ambassador?

I enjoy meeting new people on campus and wanted to get involved in something outside of my department. I also enjoy encouraging others to live a healthy lifestyle because I know what a difference it can make in our lives and ultimately create happier and healthier employees for IU.

### What is the best part of being an Ambassador?

The best part of being an Ambassador is connecting with others on campus and watching people succeed in their personal health and wellness journeys. Also, seeing others succeed often breeds more success from others around them, and I really love being a part of that.

### Describe the line dancing programming you lead on campus.

A friend and coworker of mine mentioned that she enjoyed line dancing and wanted to get together and do it over lunch back in 2019. It blossomed when she suggested inviting others and we found space on campus thanks to our wonderful Ogle Center, where we would gather once a week and learn several line dances. I would basically find videos on YouTube and learn the steps and teach the people that would show up. We continued it into the pandemic and did several Zoom line dance sessions throughout 2020. We are hoping to start it back up very soon!



**LINDSEY COOK**  
Coordinator, IT Department,  
IU Southeast



## 8 DIMENSIONS OF WELLNESS: FINANCIAL

Read the IU Office of Financial Wellness and Education's top 3 tips to handle change.

Check out more financial wellness resources [here](#).

### 1. Consider the YOU when it comes to making financial decisions.

Our finances are often influenced by the beliefs, values, and needs of family or loved ones, but don't forget the importance of also recognizing YOUR needs. Sometimes taking a moment to prioritize your own sanity or happiness (even if it costs a bit more) can ease burdens in other areas along the way.

### 2. Be mindful that transition affects our ability to be financially well.

When making financial decisions, consider that the adjustment period of "going back to normal" may take time and put new or uncertain strains on your wallet. Your financial habits may look completely different than they did a year ago. If you have the means, try to leave room for the uncertainty. This could be in the form of emergency savings or just keeping a mental note that change often signifies newness, and adjustment takes time. Grant yourself some grace.

### 3. Financial stress can often result in extremes of our actions.

Two examples are overspending to cope or being overly conservative with spending to spite the uncertainty. Take some time to self-reflect on what you would like your financial habits and your relationship with money to look like. Place your focus there as you carefully transition in ways that make sense for you and your family.

## PROGRAMMING RESOURCES FOR WORK GROUPS

**Learn together:** Play a Healthy IU [on-demand video](#) for your group, or see if there is an upcoming [live webinar or program](#) your teammates would be interested in attending with you. Take it one step further and have a group discussion afterwards! (Not finding the content you're looking for? Try the [Healthy IU Presentation Request form](#).)

**Start a wellness challenge:** Download a [wellness challenge](#) PDF and send it out to any team members who want to participate with you! Consider setting a team goal to work toward as a group. Maybe you will [raise money for a cause](#) along the way. Perhaps you will keep track of participants' achievements and announce them during the challenge (if participants are comfortable with that!). Have fun and be as creative as you can!

## IU CANCER RESOURCES



Indiana University has been recognized with the **Employer Gold Standard** from the Indiana Cancer Consortium. Check out cancer prevention, treatment, and survivorship resources on the [Healthy IU website](#).

Learn about the IU Simon Comprehensive Cancer Center's [Simon Says Expert Series](#), a monthly virtual event where you'll have the opportunity to hear from cancer center experts about various topics and ask your questions.

Read "[Screening Saves Lives: Cancer Awareness at IU](#)."

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

## HEALTHY IU TEAM MEMBER SPOTLIGHT

**Tell us about your role as Healthy IU Manager.**

I have the pleasure of leading the amazing Healthy IU team, and supporting them with executing our programs and services. I describe my role as behind the scenes working strategically to move our action plan forward, analyzing data, communicating resources, and partnering with administration to maximize employees' resources and benefits.

**When should a Wellness Ambassador reach out to you?**

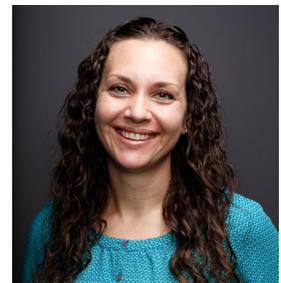
Anytime! I love to meet new employees and get the pulse on how things are going. A big part of my job is to listen to our employees and determine how we can best support them. We are here for you!

**What's your favorite part about working at IU?**

I am so lucky to get to work in the wellness field, and be able to help others live their best lives. Truly, my teammates, the Wellness Ambassadors, and the IU employees make my job fun!

**Tell us a few fun facts about yourself.**

I'm a Registered Dietitian, played soccer in college, and a Green Bay Packers fan!



**SAMANTHA SCHAEFER,  
MS, RD, LD, FAND**

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