



Wellness Ambassador Newsletter

WELLNESS AMBASSADOR SPOTLIGHT

How long have you been a Wellness Ambassador, and what is your favorite part?

I have been fortunate to be a Wellness Ambassador since its inception. I have been in the Center for Health Promotion with IUE for 14 years.

My favorite part is definitely getting to meet all the other Ambassadors. I enjoy hearing the fun and creative ways they are working for wellness on their own campus. It has been a great opportunity to share ideas and gain support from others who understand the challenges yet share my enthusiasm!

Over the years, what initiatives have you been most proud of planning/organizing?

I enjoy being the “point person” on East campus for all the fun Healthy IU programming. I’ve heard amazing success stories from employees on how they took stock in their health and lowered their numbers, maybe lost a couple pounds, or realized they were doing better than they thought. Personally it is just so great to touch base and have one-on-one time with the folks on my campus.

One of my favorite events to plan/organize on East campus is the Wellness Fair. I hope we get to



DEANNA COOPER

Wellness Specialist,
Center for Health Promotion, IU East

bring that back soon. I’ve also had a great time with Maintain Don’t Gain, and I loved working with students to develop the outdoor walking trails. Our campus is just beautiful year round. Also I am a huge fan of the refillable water stations!

When it comes to sustaining a culture of wellness on your campus, what are your priorities for the future?

I probably would have offered a different response to this pre-pandemic, but now I would say I hope to build on a foundation of cultivating relationships, like checking in and really listening to one another. Covid did a number on us in many ways and I hope we can offer more mental health and work + life programming in a fun, judgement-free, culture of caring.

WW NEW MEMBER SIGN-UP OFFER: ACTIVITY KIT



Sign up by June 30 and receive a

FREE WW ACTIVITY KIT*

over \$100 value*

- To learn more about IU’s partnership with WW or to join now, visit IU.WW.com.
- Get your WW Activity Kit at WW.com/activitykit.

8 DIMENSIONS OF WELLNESS: SPIRITUAL



Spiritual wellness encompasses your sense of connection to something larger than yourself, values, meaning, ethics, or faith. Ask yourself these questions:

- What gives my life meaning and purpose?
- How do I get through tough times? Where do I find comfort?
- Am I tolerant of other people’s views about life issues?

SUMMER WELLNESS PROGRAMS

Check out these upcoming online programs, and see everything that's [happening on your campus here](#).

- [Race to the Finish Challenge](#)
- [How to Make Healthy Changes](#)
- [Building a Resilient Team Amid Uncertainty: Addressing Anxiety at Work](#)
- [Suicide Awareness](#)
- [Working with Children at Home](#)
- [Reviewing Resources and Benefits for Geriatric Care Planning](#)
- [Skin Cancer Prevention 101](#)

JUNE IS NATIONAL CANCER SURVIVOR MONTH



Whether someone is still undergoing treatment or has long since won their battle against cancer, June is an opportunity to celebrate all cancer survivors. Nationally recognized as Cancer Survivor Month, June is an

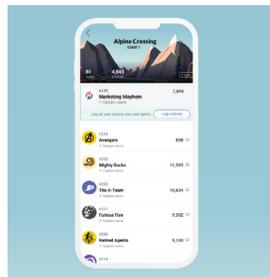
opportunity for all 16.9 million cancer survivors across the country to celebrate their milestones and recognize those who have supported them along the way. **Call to action:** Reach out to a cancer survivor with your support or plan a celebration in your department or on your campus. Or check out [virtual celebration ideas](#).

SUMMER PROGRAM FOCUS: PHYSICAL ACTIVITY

RACE TO THE FINISH

Team Physical Activity Challenge
June 6-26

[Register or learn more](#)



Get ready to Race to the Finish! Healthy IU is excited to offer this new team-based physical activity challenge as a pilot program through Castlight. Participating is fun and easy! You team up with your coworkers to track your physical activity—such as steps, swimming, gardening, or biking—by logging in to Castlight or linking your favorite fitness tracker. The more activity your team logs, the further you'll move through the stages and the closer you'll get to the finish!

Eligibility: Full-time (75% FTE or greater) appointed Academic and Staff employees and their spouses & adult dependents age 18+ enrolled in an IU-sponsored medical plan are eligible to access the challenge through Castlight.

Enroll in the challenge through Castlight! Click on the "Race to the Finish" tile in the "Your Activities" Section.

HOW TO MAKE HEALTHY CHANGES: 4-PART SERIES

Wednesdays, June 1-22
11:30 a.m.-Noon (ET)
[Register or learn more](#)



VANESSA KERCHER, PhD, Clinical Assistant Professor, IU School of Public Health

Is there a healthy change you'd like to make in your life, but you're not sure where to start or how to keep it going?

This 4-part series is for you! Led by IU School of Public Health's Dr. Vanessa Kercher, these high-energy, half-hour discussions will provide essential tips and tricks for motivation, behavior change, and habit creation. Participants can choose to register for one or more of the following sessions:

- **Wednesday, June 1:** Get Out of Your Own Way! Lead Your Wellbeing
- **Wednesday, June 8:** Physical Activity Plan: To Schedule or Not to Schedule?
- **Wednesday, June 15:** Behavior Change Setbacks: Why Is It So Hard?
- **Wednesday, June 22:** Make It Stick! Using Commitment Devices for Behavior Change