Wellness Ambassador Newsletter

For anyone who is looking to find their voice, Rachel Boveja’s story is an inspiration. One of Boveja’s passions in life is giving people the confidence to be comfortable advocating for themselves, especially those who are living with epilepsy. And for Boveja, who also lives with epilepsy—and knows firsthand the stigma associated with it—the journey of raising awareness around the condition has been an exercise in getting comfortable with discomfort.

Growing up, Boveja remembers all the opinions and misinformation around epilepsy that were woven throughout her childhood: well-meaning family members who thought they knew best how she should handle the condition, school systems that misunderstood epilepsy as a learning disability, and parents of friends who were concerned about her being around their children. She also remembers the lack of understanding she had about the way epilepsy would impact her life, relationships, and decisions for years to come.

Ideally, Boveja believes we can all take the time to slow down and be compassionately interested in each other’s stories—including struggles (both visible and invisible) and strengths. We should seek to understand instead of shame the parts of each other that don’t fit into what society considers “normal.”

RACHEL BOVEJA, PHD
Career Coach, Hamilton Lugar School of Global and International Studies; Adjunct Faculty, IU Bloomington School of Public Health

Working toward a brighter future for all, Boveja has made strides for advocacy and epilepsy awareness. For the fall of 2022, she created a Care Bear and tennis themed photo campaign to help draw attention to epilepsy awareness during the US Open. “It’s a mashup of two things that have been so helpful in my journey with epilepsy—the comfort of a Care Bear for a girl who was born in the mid-’80s, and tennis, one of my favorite ways to stay active,” says Boveja.

Boveja’s message to those who are advocating for themselves is this: “Remember you are beautiful and deserving of all the love in the world.”

And to those who have taken the time to listen: “Thank you for seeing us for all that we are.”

Read Rachel’s Journey Story.

SAVE THE DATE:
BIANNUAL WELLNESS AMBASSADOR MEETING

Friday, November 4
11:00 a.m.-Noon (ET)

Outlook calendar invite coming soon!

Bi-annual meetings are your chance to share with and learn from other Wellness Ambassadors across the university! Bring your questions, ideas, and feedback about wellness initiatives at IU!

WE MOVED!
NEW WELLNESS AMBASSADOR HOMEPAGE LOCATION

• Now easier to find!
• First listing under “Wellness Resources” on the Healthy IU homepage.

Bookmark the URL: https://healthy.iu.edu/wellness-information/wellness-ambassadors.html
8 DIMENSIONS OF WELLNESS: INTELLECTUAL

Intellectual Wellness involves growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges.

Here are some ideas for expanding knowledge and skills while discovering the potential for sharing your gifts with others:

- Try something new!
- Take care of your physical health: get enough sleep, stay hydrated, eat well, and stay active.
- Spend time engaging with others.
- Indulge your creative side, whether it’s with music, art, writing, crafting, photography, gardening, or even doodling!
- Take care of your mental/emotional well-being with things like mindfulness, meditation, self-reflection, or journaling.

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

MENTAL/EMOTIONAL WELL-BEING: UPCOMING PROGRAMS

Learn more and register for a program by clicking a link below:

Mental Health First Aid Trainings:
- IUPUI, October 11
- IU Kokomo, November 15
- IU East, December 6

NEW! “Changing Seasons, The Holidays, and Anxiety at Work,” November 16, online

“Guide to Tackling Emotional Eating,” December 1, online (presented by WW—Weight Watchers)

Mid-Day Mindfulness Live Drop-In Sessions:
Mondays and Thursdays, online

NEW PODCAST SERIES: WORK + LIFE WATER COOLER CHAT

Healthy IU’s The Work + Life Water Cooler Chat podcast provides expert opinions on pressing issues that may challenge work + life integration. The podcast also assists our listeners with optimizing their IU employee benefits which are designed to support managing their work + life concerns.

Check it out!

1:1 NUTRITION COUNSELING

Did you know?

According to our 2019 IU Workplace Wellness Survey data, only 26% of employees know that nutrition counseling is available to them!

Help us spread the word about this AMAZING IU benefit by sharing the Healthy IU Nutrition Counseling webpage with your coworkers! It has all the info they’ll need to book their free appointment when they’re ready.

Here’s what one employee said about their nutrition counseling experience:

“This consultation was the single best experience I have had in all my experience with medical and related alternative practitioners over a lifetime . . . . [Steven] was able to address a wide range of questions including lab test results, supplements, diet, sleep, and related topics. He provided practical and useful insight and suggestions for changes . . . . This consult was the single best thing I have done for understanding how to improve my health and quality of life. Thank you.”