



# Wellness Ambassador Newsletter

## STEERING COMMITTEE MEMBER SPOTLIGHT

The [Healthy IU Steering Committee](#) was formed shortly after the formation of Healthy IU in late 2013, with the purpose of guiding the department's programming and goals. Members of the Healthy IU Steering Committee create initiatives aimed at continuing to improve employee health on all IU campuses.

Damon Spight's contributions to the IU community go well beyond his role as Faculty Recruitment Manager in the Office of Faculty Affairs at the School of Dentistry and Healthy IU Steering Committee member. He was also involved in the creation of the first IUPUI Staff Mentoring Program (which matches established IUPUI staff members with newer employees for a yearlong mentorship) and is an active member in IU Human Resources' Diversity, Equity,



**DAMON SPIGHT,**  
Healthy IU Steering Committee Member

Inclusion, and Belonging committee. Through it all, Spight's main goal is to positively impact the people and systems around him — striving toward racial and social equity, and making sure everyone has not only a seat, but a voice, at the table.

[Learn more about Spight's journey, including his "3 E's" philosophy for working toward racial and social equity through Educating, Empowering, and Equipping.](#)

## IU CANCER SURVIVOR SUPPORT



Learn about 2 new opportunities for [supporting cancer survivors at IU](#).

[Webinar: How to Support Cancer Survivors in the Workplace and Beyond](#)

February 25 @ 11:30 a.m. (ET)

### IU Cancer Survivor Community

This group is intended to provide a supportive, compassionate, and caring environment for IU employees who have experienced cancer to connect with each other. Any IU cancer survivor is welcome to join. Contact [healthyu@indiana.edu](mailto:healthyu@indiana.edu) to request to join.

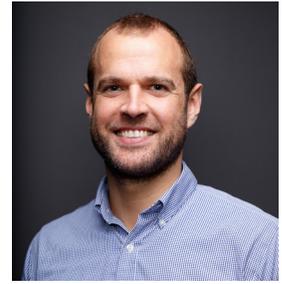
## NEW SUMMER CHALLENGE!

This summer, Healthy IU will be piloting a new physical activity challenge, "**Race to the Finish!**"

The challenge will take place through the [IU Benefits partner Castlight platform](#). There will be a team component, and best of all, physical activity during the challenge can be automatically tracked through your smart device.

More details and registration will be available in May. If you're on an IU medical plan, make sure your [Castlight account](#) is activated!

## PROGRAM FOCUS: SLEEP HEALTH



**STEVEN LALEVICH**

Healthy IU Registered Dietitian

[askanrd@indiana.edu](mailto:askanrd@indiana.edu)

Healthy IU's registered dietitian, Steven Lalevich, collaborated with IU sleep experts to create the Sleep Great IU! Challenge, starting February 7. Get Steven's take on sleep health in this Q & A, and sign up for one of the programs listed below, open to all members of the IU community!

**Why is sleep health important?** Sleep is an often overlooked part of health. Just like diet and exercise, it impacts your risk of chronic diseases like heart disease and diabetes. It also plays a huge role in our day-to-day physical and mental performance.

**You've been researching and creating content about sleep health**

**for years. What's the most interesting thing you've learned?** I've been fascinated by how important light is to our sleep and health. Artificial light at night is especially detrimental to sleep, and I'm surprised we haven't seen more public health measures address this issue. I hope that in the coming years we'll change the way we light our streets, buildings, and screened electronic devices to be more conducive to good sleep.

**Any advice for someone looking to improve their sleep?** Sometimes improving sleep is a matter of adopting better sleep hygiene habits, and the sleep challenge is a great way to work on those. Good sleep hygiene includes keeping a consistent sleep schedule, spending time outside during the day, and avoiding artificial light at night. If you're doing those things and still having trouble with sleep, it would be worth having a discussion with your doctor about other possible causes.

### Sleep Great IU!

February 7-March 6  
3-week online challenge  
[Learn more](#)

Practice daily habits that lead to a better night's sleep!

### Reset Your Rhythm

Tuesday, February 15  
Noon-1:00 p.m. (ET)  
[Learn more](#)

Explore the link between your circadian rhythm, sleep, and health.

### Insomnia Q & A

Tuesday, March 1  
Noon-1:00 p.m. (ET)  
[Learn more](#)

Join IU sleep experts to ask questions and learn more about insomnia.

## THIS MONTH IN WELLNESS

It's Black History Month! Stay in touch with upcoming events and current initiatives from the [Office of the Vice President for Diversity, Equity, and Multicultural Affairs](#).

Love your heart! February is American Heart Month. Learn about heart-healthy lifestyle habits and do a heart health check from the [American Heart Association](#).

## 8 DIMENSIONS OF WELLNESS: OCCUPATIONAL



Occupational wellness is defined as "personal satisfaction and enrichment derived from one's work." Check out the questions below to explore what is most meaningful to you about your occupation:

- In what ways do I contribute my knowledge, skills, and talents at work?
- What are the most satisfying parts of my work life?
- What are my strategies for managing time between my social life and job responsibilities?

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