



Wellness Ambassador Newsletter



ANNE MITCHELL
Coordinator of
Nursing Student
Services,
IU Northwest
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IN ANNE'S
JOURNEY STORY](#)

WELLNESS AMBASSADOR SPOTLIGHT

Anne Mitchell began working at IU Northwest in 1996. Now, 25 years later, she continues to be a source of compassion and wisdom at the university. As a Student Services Coordinator in the School of Nursing, Anne guides future nurses from all walks of life through the school enrollment process. Anne has also been a part of the IU Northwest Wellness Team for 22 years, helping provide wellness programs and resources to the campus community.

Throughout the years, the Wellness Team has touched on many dimensions of wellness with their creative programming. Some highlights include:

- **Intercollege challenges** between IU Northwest and Purdue University Northwest such as runs, walks, and blood drives
- **Taste of Soup and Saladbration events** where the campus community can sample different styles of healthy and delicious foods
- **Mini-golf and three-legged race events** to boost fun and camaraderie
- **A texting and driving simulation** to raise awareness about the dangers of distracted driving
- **Suicide Prevention programming**, such as [SafeTALK](#) and [QPR](#) (for several years, Anne was a certified SafeTALK, QPR, and [Mental Health First Aid](#) instructor and member of the [Northwest Indiana Suicide Prevention Council](#))
- **Participating in the IU Northwest Health Fair** and disseminating information about [IU's Employee Assistance Program](#)
- **Participating in Healthy IU challenges**, such as the [Sleep Walk](#) and Climb IU

FALL 2021 PROGRAMS

Registration for Fall 2021 Healthy IU programs is now open! [Find what's happening on your campus](#), and make sure to check out the new Programs Calendar! Healthy IU programs are free for all IU employees and their spouses, unless otherwise noted.

BACK TO OUR ROOTS: PLANT EATING CHALLENGE



A Nutrition Challenge for the IU Community

September 20-October 11

Back to Our Roots is a 3-week challenge to add a wide variety of plant-based foods to your meals and snacks. Full-time IU employees and their spouses on an IU-sponsored medical plan are eligible to receive a Healthy IU lunch bag when they register. [Learn more.](#)



Call for Cancer Survivor Stories. If you or a colleague would like to share their cancer survivorship story with the IU community, [please contact Samantha Schaefer.](#)

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8 DIMENSIONS OF WELLNESS: EMOTIONAL



Did you know? **Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.** How you react to your experiences and feelings can change over time.

Nurture your emotional well-being with these resources:

- **[Returning to Campus:](#)** Live and on-demand webinars (and more) to support employees' mental and physical well-being during IU's transition back to mostly normal operations.
- **[Tools for the Present Moment:](#)** Find recorded meditations and lots of mental well-being resources on the Healthy IU website.
- **[Mid-Day Mindfulness \(Online\):](#)** Drop in on Mondays or Thursdays for live, expert-led mindfulness practices.

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

WORK + LIFE WEBINAR SERIES



Be a part of the [Compassion Culture](#) at IU! Forget any ideas about compassion making you soft or weak. Compassion for ourselves and others actually strengthens resilience, boosts team dynamics, and improves leadership performance. Healthy IU Work + Life has gathered experts from across the university to present on a range of topics in the Compassion Culture Series. [Learn more.](#)

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

HEALTHY IU TEAM MEMBER SPOTLIGHT

Tell us about your role as IU Work Life Analyst.

In my role, I support our IU employees with finding and managing work + life synergy for their unique life needs. This may include connecting them to resources and IU benefits that help them plan for caring for an elderly loved one, navigating mental or emotional health needs, or managing other life stressors. It also includes designing and providing programming that support IU employees with thriving professionally and personally.

What Work + Life project are you most excited about and why?

It is difficult to choose just one. However, I am excited about Dream BIG!, which is a 12-month coaching program designed to help IU staff & faculty with pursuing and attaining their dreams. This program goes beyond just supporting participants' as they address their work needs. It sees each participant holistically as human beings with hopes and dreams. We ask them what they want out of life and what they need to thrive and level up their life satisfaction. You would be surprised how many participants have never been asked these questions until enrolling in the program. It inspires them to not only dream, but be bold enough to pursue their dreams. It encourages and supports them with maintaining focus and resilience until they are living their dreams, despite what life throws their way. Simply put, the program illustrates to our employees that WE CARE!

What's your favorite part about working at IU?

Meeting and interacting with the employees. In the past, I have had the opportunity to interact with many of our faculty and researchers. In my current role, my reach has expanded to our staff as well. There are so many hidden treasures (talents, gifts, innovative ideas, etc.) among our staff alone! Meeting our employees (my colleagues) across the system, hearing their stories and concerns, and connecting them to programs, resources, and benefits to support their work + life needs is what I love the most.

Tell us a fun fact about yourself.

I enjoy indulging in DIY art décor projects, furniture making, and acrylic paint pouring.



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