

# FACULTY & STAFF WELLBEING

A MULTIDIMENSIONAL APPROACH

ANGIE BROWN, DIRECTOR | COMMUNICATIONS AND WORKLIFE UNIVERSITY OF FLORIDA HUMAN RESOURCES

**APRIL 16, 2021** 

# **UFHR COMMUNICATIONS & WORKLIFE**

We aspire to foster a healthy, productive, informed and engaged community of faculty and staff through strategic communications, programming and initiatives designed to support wellbeing and work-life integration.

- Biweekly newsletter
- Social media
- In-person/on-demand programs
- Employee Assistance Program
- Special events
- Health coaching

- Webinars
- Town halls
- Toolkits and guides
- Media library
- Guides/walking maps
- Directories







# **WINDOWS TO WELLNESS**



















### WINDOWS TO WELLNESS



EAP, Resilient Gators, Mindful Living, Take 10, Good Night Gators



Financial Literacy Series, Hitchcock Food Pantry, Healthy Behaviors Toolkit



Anti-Racism Repository, Stronger Together, Implicit Impact



Get Connected
Directory, Gratitude
Spreads, Healthy
Potluck Toolkit



Healthy Meetings Guide, Workstation Workouts, Summer Camps Directory



Grief & Coping, UF Mindfulness, Baughman Center



Healthy Lifestyle Series, Campus Dining Guide, Group Fitness, Challenges



Field and Fork, UF Bikes, Gator CSA, Walking Maps



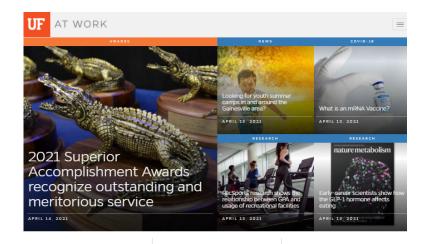
Employee Education Program, Higher Education Opportunity



## RISING TO NEW CHALLENGES

#### In response to events of the past year:

- Daily communication initially
- Leave donation drive
- Town halls: Health and workplace
- Family Resource Coordinator
- Resources to Restore Balance
- Anti-Racism Initiative / Stronger Together
- Financial Wellness Series
- EAP: Regular promotion/outreach
- Mental health triage partnership with UF Psychiatry



LATEST NEWS

SEE ALL NEWS

2021 Superior Accomplishment Awards recognize outstanding and meritorious service

The 2015 Superior Accomplishment Avenate consensus took place withouthy via from on Wednesday, April 14 as 8 am This sursual program recognizes staff and faculty members who contribute outstanding and mentionum service, estimatery and/or economy, or to the quality of life or turdent and entrophysees. University-Levil for united the staff entrophysees (University-Levil Avenat Winness The following individuals received the Superior Accomplishments: [1].

Looking for youth summer camps in and around the Gainesville area?

While more youth camps are expected to be open this summer. offerings will still be a bit different in many cases than in years prior to the pandenue. We've updated our Summer Camp Directory, where you can find both in-person and virtual camps scheduled to be held this summer for school-age children in the Alachus [.]

COVID-19 UPDATES

SEE ALI

What is an mRNA Vaccine?

To help you make informed health care decisions, UF Health has created a video that explains how the Pfizer and Moderna vaccines protect you and your loved ones.

Essential staff receive national recognition in NPR story

Since the start of the pandemic UP 8 Housing and Residential Services and Facilities Services staff have demonstrated what it means to be resential through their hard work and dedication to keeping the university numing amonothy. Vesterday, NPR shined a spotlight on the difficult decisions they faced early on and the professionalism they have demonstrated in the shift of the shif

Answers to your questions about the COVID-19 vaccinations

Now that COVID-19 vaccinations will be available

EVENTS

SEE ALL EVENTS

Interface Teaching Conference

14

Emerging Pathogens & Infectious Diseases Seminal Series

Golden Anniversary Commemoration of Black

Milbauer Symposium:
"Reimagining the Black Past:
The Futures of Black Power"

APR GatorSavers \$5 Adult CPR
Training & Blood Drive

APR Emerging Pathogens &

22 Infectious Diseases Seminar Series

## **TO LEARN MORE**

#### **UF at Work**

Website: <a href="https://news.hr.ufl.edu">https://news.hr.ufl.edu</a>

Facebook/Twitter: @UFatWork

Instagram: @uf\_atwork

#### **UFHR Wellness and Worklife**

Website: <a href="https://worklife.hr.ufl.edu">https://worklife.hr.ufl.edu</a>

Facebook/Twitter/Instagram: @WellatUF

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