



EMPLOYEE WELL-BEING

NEWSLETTER

PRACTICE PEACEFUL THOUGHTS

DECEMBER 2022

Year-end deadlines. Final Exams. Planning for the Spring semester. Shopping, more shopping, and last-minute shopping. It is easy to get caught up in the hustle and bustle of work and the holidays in December. We may become so absorbed in this whirlwind that we forget to slow down, rest, and be in the present moment. Can we calm our mind down from the fast pace, the to-do lists, the finances, the tiredness?

Let's try to practice the theme of the month: peaceful thoughts. When you feel overwhelmed, fatigued, hangry, or frustrated, take steps to shift your mind to a more calming and peaceful place. Here are some tips and events which reinforce the theme as well as Social Wellness—this month's pillar of wellness.

- Learn how to focus on your breath as you breathe deeply; it helps to lower your blood pressure and refocus. Do some simple stretches for your neck, shoulders, and back to relieve tension. **Event: Employee Yoga Class.**
- Make and give gifts to your family and friends. It helps you stay focused on the present task and activates the feel-good hormones. **Event: Handmade Gifts workshops.**
- Save money and improve your health—quit smoking and tobacco usage for good. **Event: Tobacco Cessation Program.**
- Keep a healthy snack on hand when you are hangry. Discover which foods fuel your body and increase your energy as well as ways to decrease stress. **Event: HealthKick program in January.**

These events, programs, and more are open to ALL campus faculty and staff unless specified in program details.

Questions about our programs and events? Email HBwellbeing@pfw.edu.

Please forward this newsletter to others in your department.



Healthy Boiler Workshops: Handmade Gifts

Join health coach Lindsay Bloom to learn how to make one-of-a-kind, inexpensive gifts for your loved ones this season. Open to all faculty and staff.

In-person Workshop
Friday, December 2
Noon-1 p.m.
Walb Union, Room G08

Email Lindsay Bloom to see if any spots are available for this [workshop](#).

Virtual Workshop
Monday, December 5
Noon-1 p.m.
ZOOM

Register for this virtual workshop on the [Events Calendar](#). Meeting link will be sent prior to event

Questions? Please email Bloom at lbloom@pfw.edu.



WellRec Happy Hour

Meet with your friends and colleagues for a free beverage and light snack as you socialize and make connections with others on campus.

Employees can learn more about the benefits of becoming a member of the Fitness Center as well as upcoming WellRec events.

Happy Hour begins at 11:30 a.m. and will occur in various locations around campus.

Thursday, December 1
Tuesday, December 6

Questions? Email Eric Manor, director of WellRec, at manore@pfw.edu.



Tobacco Cessation Virtual Program

December 1–15 and January 5–19
Noon–1 p.m.
ZOOM

Join health coach Lindsay Bloom to learn about strategies to help you quit and remain smoke-free and tobacco-free. Complete this [program](#) to help you waive the tobacco user premium as part of your Purdue Medical Plan.

Open to all benefits-eligible employees and their covered spouses on the Purdue Health Plan.

Email [Bloom](#) to check if there are any available spots or if you have questions. Zoom meeting link will be sent prior to event.



Employee Yoga: In-person and Virtual Class

*Breathe. Stretch. Balance. Relax.
De-stress. Refocus.*

Join health coach Lindsay Bloom every Wednesday from noon to 1 p.m. for this mid-day yoga class. All levels are welcome.

Learn how to join the in-person or virtual class for the following dates.

December 7 and 16
No class on December 21 or 28.

Questions? Email Bloom at lbloom@pfw.edu.



CPR, AED, and First Aid Certification Classes

Friday, December 9
11:30 a.m.–3:30 p.m.
Walb Union, Room G08

The American Heart Association's CPR and AED Basic Life Support class teaches various CPR methods. The First Aid class teaches skills that can be performed until medical personnel arrive. Visit the [Events Calendar](#) to register.

Please choose certification option when registering.

CPR/AED/First Aid: \$70 (4 hours)

CPR/AED Only: \$50 (3 hours)

Questions? Email learn@pfw.edu

DEVELOP LIFELONG WELL-BEING HABITS

Lifestyle Education Programs

Lifestyle Education programs focus on creating lifelong habits to improve and maintain your health and well-being. They are offered exclusively to benefits-eligible employees and their covered spouses as part of the Healthy Boiler Program. [Read more about the Lifestyle Education programs.](#)

Purdue Extension Programs

Your local extension office on the campus offers many programs throughout the year related to health, education, and well-being.

Visit the Purdue Extension of Allen County [web site](#) for programs, garden questions, and more.

Questions? Call 260-481-6826.

HealthKick Virtual Lifestyle Education Program

January 9–February 17

9–9:15 a.m.

Virtual: ZOOM

Kick-off the new year with a program to jumpstart your overall health. This 6-week workshop addresses physical activity, nutrition, creating healthy habits and decreasing stress through a series of short videos and health coaching sessions.



Open to all benefits-eligible employees and their covered spouses on the Purdue Health Plan.

Visit the Employee Well-being [Events Calendar](#) for more information and to view the weekly timeline. **Registration deadline: January 6.**

Questions? Email Bloom at lbloom@pfw.edu.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER DECEMBER CHALLENGE: HELP ME CHALLENGE

December 1-31

The Help Me Challenge invites you to ask five people for help in the next 30 days. Most people are comfortable offering help to others, but they are very uncomfortable asking for help from others. Whatever the reason, when we refuse to ask for help, we are missing out. Receiving help may enable us to do something we wouldn't be able to do otherwise. More importantly, by accepting help from others, we allow others to experience the joy of serving.

To complete this challenge, track five people that you've asked for help and record the activity. Learn more about the [Help Me Challenge](#) and download the [Monthly Challenges Calendar](#) for other challenges to try.

Join the challenges and track your activities by going to the [Healthy Boiler Portal](#), scroll down to Healthy Boiler Monthly Challenges. You may either click on the information icon to learn more or select "track" to record your activity for the challenges. Not signed up for the Healthy Boiler Program? [Learn more](#) and [join](#).



DECEMBER SOCIAL
CHALLENGE:

Help Me Challenge
Ask five people for help in
the next 30 days.

THE HEALTHY BOILER PILLAR FOR DECEMBER: SOCIAL WELLNESS

Social Wellness has many different forms. For some, it represents gathering in person with family to share a meal. For others it may mean talking to a friend or loved one on the phone instead of reading a post about them on social media. It can also be coming together with other like-minded people for a common goal like an activity on campus or a charity event. Here are ideas to strengthen the social wellness pillar.

- When you gather in a group, be mindful that some people like talking in a large group, but others who may be shy prefer talking one-on-one. Look around to see if anyone looks like they are being left out and engage them in some friendly conversation.
- Call or write a friend with whom you haven't talked in a while. You may not be able to visit friends and family in person, but talking on the phone or through a video app, can be the next best thing. They will appreciate that you were thinking of them.
- Ask your family if they would like to donate gently used toys, clothes, and other items to charity or buy something new for families in need. Volunteer at a charitable organization or help an elderly neighbor.

2022 HEALTHY BOILER PROGRAM INCENTIVES REMINDER: Physical and Wellness incentive activities must be completed and submitted by December 31, 2022.



Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration

Your HB Employee Well-being Team:

Lindsay Bloom
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