



EMPLOYEE WELL-BEING

NEWSLETTER

RENEWAL, REFLECTIONS AND EXPECTATIONS

JANUARY 2023

At some point in our lives, most of us have made New Year's resolutions that were either abandoned after a month or perhaps never started. This January, instead of making general resolutions without a plan of action, let's use reflection as a tool and motivator to determine and reach realistic health and well-being goals.

Reflection is an important tool for goal setting, personal and professional growth, and discovering insights. During self-reflection, avoid comparing yourself with others or allowing the expectations of others and social media to influence your goal setting.

Take a closer look and explore what you did well in 2022, what you didn't do as well, and what you would do differently. Use the Pillars of Wellness—behavioral health, financial wellness, physical health, social wellness, and work-life integration—to reflect on how you did for each pillar last year, even if you didn't set a goal for that pillar. Remember to include what you have learned about yourself.

Next, use this information to set realistic goals for 2023 that will be aligned with what *you* want based upon your self-evaluation and reflection. It is important to re-visit the goals you selected for each pillar periodically. This allows you to see how you are doing with your overall well-being goals as well as your goals for each pillar. Download a [goal tracker](#) to write your reflections of 2022 and goals for 2023.

Be aware of and allow self-expectations to be flexible to change. When you take small steps each day towards your goals, they can turn into a habit; the habit then becomes part of your daily routine and lifestyle. Here are some tips and events which reinforce January's pillar of wellness—Behavioral or Mental Health and the theme—great expectations.

- Learn how optimism can keep you motivated and fuel success in work and life. **Event: Healthy Boiler Virtual Workshop: Come On, Get Happy.**
- Make movement a priority every day. **Events: Employee Yoga Class and 121 Fit Group Class.**
- Meet with the Employee Well-being team for well-being tips, refreshments, giveaways and more. **Event: Employee Well-being at Work.**

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 Workshop: Come On, Get Happy

Virtual Workshop
Thursday, January 26
Noon-1 p.m.
ZOOM

Discover the happiness advantage and how positive thinking can fuel your potential and success in work and life.

This workshop, presented by health coach Lindsay Bloom, will focus on five factors that are essential to happiness and well-being. Bloom will also offer simple and quick tips to increase positivity and become more creative, healthier, productive, and less stressed.

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.



**Employee Yoga:
In-person and Virtual Class**

Wednesdays, Noon–1 p.m.
Noon–1 p.m.

Are you tired of the same fitness routine? Would you like to try something new? Discover the benefits of yoga.

Participants are guided by health coach and fitness instructor Lindsay Bloom. All levels of fitness are welcome.

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

January 4, 11, 18, and 25

Questions? Email Bloom at lbloom@pfw.edu.



HealthKick

January 9–February 17
9–9:15 a.m.
Virtual: ZOOM

Take 5-10 minutes each day for 6 weeks to reach your goal for specific areas of well-being. This workshop addresses ways to jumpstart your overall health 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 [Events Calendar](#) for more information and to view the weekly timeline. **Registration deadline: January 6.**

Questions? Email Bloom at lbloom@pfw.edu.



121 Fit

Tuesdays, Noon–1 p.m.
Virtual: ZOOM

Turn health and well-being resolutions into lifelong habits.

Join health coach Lindsay Bloom as she leads this virtual group class which incorporates three types of exercise— aerobic, resistance training, and flexibility.

The class will meet on the following dates.

January 10, 17, 24, and 31

The deadline to register is January 5, but you may email Bloom at lbloom@pfw.edu to check if any spots are available or if you have any questions.



Healthy Boiler Virtual Workshop: Healthy Resolutions

Wednesday, January 11

Noon–1 p.m.

Virtual: ZOOM

Setting attainable goals for your physical, emotional and mental health are so important as we start off the new year. Learn how to set appropriate goals and have better self-care for yourself as well as how to stay motivated in this segment on renewing yourself.

Register for this virtual workshop on the [Events Calendar](#).

Questions? Email Lindsay Bloom, health coach, at lbloom@pfw.edu.



WellRec Happy Hour

Thursday, January 12

Noon–1 p.m.

Walb Union, Outside Room G36

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.

Meet outside The Friends of the University Pantry in Walb Union.

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



Employee Well-being at Work

Thursday, January 19

9–11 a.m.

Kettler Hall, First floor stairwell lobby

Take 10 minutes out of your morning and meet with the Employee Well-being team for wellness tips, healthy snacks, giveaways, and information about our events and programs.

Health coach Lindsay Bloom will offer small steps that you can take every day—at work and at home—to create healthy habits that align with your wellness goals. Visit the [Events Calendar](#) for more details about the event and the giveaways.

Questions? Email Bloom at lbloom@pfw.edu.



CPR, AED, and First Aid Certification Classes

Monday, January 23

5:30–9:30 p.m.

Walb Union, Room 114

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 you [register](#).

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.

Upcoming Tobacco Cessation Program: Register in January

February 7–March 14

Noon–1 p.m.

Virtual: ZOOM

Join health coach Lindsay Bloom to learn about strategies to help you quit and remain smoke-free and tobacco-free. Complete this course 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 register by Friday, February 3. Zoom meeting link will be sent upon registration.

Questions? Email Bloom at lbloom@pfw.edu.





BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER JANUARY CHALLENGE: SOCIAL MEDIA CLEANSE

January 1-31

Are you aware of the actual time you spend on social media outlets? Start your year off with a Social Media Cleanse. Step away from Facebook, Instagram, Twitter, TikTok and any other social media apps you may have. Whether that is deleting the app entirely or exercising the power of self-control to prevent yourself from opening them, the choice is yours. The goal is to be social media free for 31 days! Track "yes" for every day you did not view and social media content.

During the challenge, notice how you feel when you stopped using or reduced your time on social media. Pay attention to how you felt emotionally and physically at the beginning and at the end of the challenge. How did you fill the time that had been used for social media? Did you complete tasks that you never had time to do or spend more time with your spouse and family? Did you have more time for self-care activities and exercise? The purpose of this challenge is to become aware of the amount of time you spend on social media and its influence on your emotional and physical health.

Join the challenge 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](#).

THE HEALTHY BOILER PILLAR FOR JANUARY: BEHAVIORAL HEALTH

The pandemic and post-pandemic return to "normalcy" impacted the behavioral or mental health of many people. Perhaps you, a family member, a friend or co-worker are experiencing various degrees of mental health challenges such as anxiety, depression, or symptoms of trauma-and stressor-related disorder. There will always be stressors in life, but learning to recognize when you need help and finding ways to address your feelings is important. Here are some tips which support your mental and physical health.

- Spend time in nature. Simple tasks like tending to house plants in the cold months, walking in a park, or getting up from your desk to go outside for 10 minutes can help calm you.
- Make time for yourself by doing an activity that makes you feel rested or happy. It might be reading a book, leafing through a magazine, listening to music, dancing, finding a quiet place, or being with your pet.
- Reach out for support—whether that means a friend, family member, support group, or counselor. Your feelings are valid and you don't have to deal with this by yourself. The Bowen Center, your Employee Assistance Program (EAP), can help. Call 800-342-5653 or visit the [HR website](#) for more information.



**JANUARY BEHAVIORAL
HEALTH CHALLENGE:**

**Social Media Cleanse:
A month without
social media.**

2023 HEALTHY BOILER PROGRAM INCENTIVES: You can begin your physical and wellness incentive activities after January 1, 2023. [Learn more.](#)



Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration

Your HB Employee Well-being Team:

Lindsay Bloom
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