November often marks the beginning of the holiday season. For some, the holidays bring closeness through social gatherings which can reduce loneliness and improve mental health. For others, holidays can be stressful or sad. You can use your support circles—friends or family with whom you have a meaningful relationship—to celebrate the holidays or help you get through the holidays.

How can you reduce holiday stress and burnout? Set boundaries at work and home for work-life integration—one of the pillars of wellness. Decide what you can do within your time limits, your schedule, and your budget. Assess which of your tasks can be relegated to others. Take the opportunity to be mindful of your emotions, slow down, and practice deep breathing.

Your employee well-being team recognizes that you have a full plate and you may not be able to leave your office, so many of our events and workshops offer both in-person and virtual options to attend.

• No time to exercise after work? Take a mid-day break for the In-person and Virtual Employee Yoga class.

• Learn ways to quit smoking, vaping, or using tobacco at the Tobacco Cessation Overview workshop. Register by November 28 for the 6-week Tobacco Cessation Program to quit for good and waive the tobacco-user premium.

• Sign up by Tuesday, November 22 for the Handmade Gift In-person Healthy Boiler workshop. Can’t make the in-person event? The workshop will be presented virtually as well.

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.
Employee Yoga: In-person and Virtual Class


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. No class on November 23.

**November 9, 16, and 30**

Questions? Email Bloom at lmbloom@pfw.edu.

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**U Can Crush Hunger Campaign**

**Now through November 11 Across Campus**

Drop off non-perishable food and toiletries in the bins set up around our campus to help Purdue Fort Wayne reach their goal and win this friendly competition with local colleges and universities.

Your monetary and food donations help support our food pantry on campus as well as the Community Harvest Food Bank. Please select PFW when you make a secure monetary donation online.

Visit the employee well-being web site for ways to donate and view the list of popular non-perishable items to donate.

Questions? Email Eric Manor, director of Well-Rec.

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**CPR, AED, and First Aid Certification Classes**

**Monday, November 14 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 registering.

CPR/AED/First Aid: $70 (4 hours)
CPR/AED Only: $50 (3 hours)

Questions? Email learn@pfw.edu.
Save the Date and Register Early

Healthy Boiler Workshops—Handmade Gifts

Handmade gifts are an opportunity to give something that is personal and individual to the receiver. Join health coach Lindsay Bloom to learn how to make one-of-a-kind, inexpensive gifts for your loved ones this season. Open to faculty and staff.

In-person Workshop
Friday, December 2 | Noon–1 p.m. | Walb Union, Room G08
Light lunch provided by Farmers Fridge Delivery. Register by noon on Tuesday, November 22 for this workshop. Learn more.

Virtual Workshop
Monday, December 5 | Noon–1 p.m. | Virtual: ZOOM
Visit the Events Calendar for more information and to register. ZOOM meeting link will be sent prior to event.

Questions? Email Bloom at lmbloom@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.

Tobacco Cessation Program
December 1–15; January 5–19
Noon–1 p.m.
Virtual ZOOM
Smokers and tobacco users can and do quit for good. 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.

This convenient 6-week workshop is open to all benefits-eligible employees and their covered spouses on the Purdue Health Plan.

Email Bloom to register by Monday, November 28. Zoom meeting link will be sent upon registration.

Questions? Email Bloom at lmbloom@pfw.edu.

Purdue Extension
Allen County 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.

HEALTHY BOILER NOVEMBER CHALLENGE:
BRAIN TEASER CHALLENGE

November 1-30

The Brain Teaser Challenge invites you to play brain teasers for 300 minutes over the next 30 days, or an average of 10 minutes a day. Some examples include crossword puzzles, word searches, Sudoku, and memory games or choose mobile apps with games and puzzles specifically designed to increase your brain’s capacity. The idea is to exercise your mind which, just like a muscle, becomes stronger with use.

To complete this challenge, track 300 minutes or more over the next 30 days. Learn more about the Brain Teaser 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.

THE HEALTHY BOILER PILLAR FOR NOVEMBER: WORK-LIFE INTEGRATION

When you feel like you go from your busy schedule at work to your busy home life and the weekends are spent catching up on your to-do list or family obligations, often times we tell ourselves that taking a break to be still or to slow down is impractical, maybe even irresponsible. But the opposite is true. Our minds and bodies need periods of rest, repair, and relaxation. Here are tips to strengthen the work-life integration pillar of wellness.

- Sign up for a class that sparks your creativity or helps your body relax. Block it out on your calendar so you won’t cancel it.

- Spend 10 minutes of your day exercising and challenging your mind by doing a brain teaser such as word games, Sudoku, memory games, and more. These games keep your mind sharp and help with your memory as you age.

- Write a positive post online for three local businesses for the Good Review Challenge. Be specific about what you like about them. Not only will you be helping out the business you review, you’ll be helping all those patrons who are curious about it.
Your HB Employee Well-being Team:

Lindsay Bloom  
Employee Health Coach  
lmbloom@pfw.edu

Patricia Grime  
Wellness Communication Specialist  
Purdue University Fort Wayne  
grimep@pfw.edu

Office hours: Monday, Tuesday morning and Wednesday