



EMPLOYEE WELL-BEING

NEWSLETTER

SET BOUNDARIES TO IMPROVE WORK-LIFE INTEGRATION

NOVEMBER 2022

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.



Healthy Boiler Virtual Workshop: Tobacco Cessation Overview

Thursday, November 17
Noon–1 p.m.
ZOOM

If you currently smoke, vape or use tobacco and would like to quit, join health coach Lindsay Bloom to learn about workshops, resources and approved programs to help you quit and waive the tobacco-user premium for the Purdue medical program. Open to all faculty and staff.

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.

FOCUS ON WORK-LIFE INTEGRATION



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. No class on November 23.

November 9, 16, and 30

Questions? Email Bloom at lbloom@pfw.edu.



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.



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.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

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](#).



**NOVEMBER CHALLENGE:
WORK-LIFE
INTEGRATION**

**Brain Teaser Challenge
Play brain teasers for about
10 minutes a day for the
next 30 days.**

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.



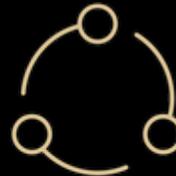
Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration

Your HB Employee Well-being Team:

Lindsay Bloom
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