

Small Steps to Wellness at Work

(From May 2016 newsletter)

May is National Employee Health and Fitness month. When it comes to our health, it's often the small things you do (or don't) that make a big difference. Certainly this is true at work as well as at home. Here are a re few small steps you can take at work to improve your overall wellbeing.

Eat more healthfully

- Visit the [Sustainable Student Farm Stand](#) on the quad and stock up on fresh fruits and veggies (opening in May - Thursdays from 11 am – 3 pm)
- Pack your lunch
- Try some new healthy recipes on our [online recipe box](#).
- [Schedule a free New Power Lunch session for your department from the Campus Wellbeing Services.](#)

Increase your physical activity at work

- Take the stairs instead of the elevator
- Park a few blocks away from your worksite.
- Take a ten minute walk during lunch break
- Keep comfortable pair of walking shoes in your car and office
- Walk or bike to and from meetings
- [Take a free yoga class at the Krannert Art Museum](#)
- [Schedule a Staying Fit in a Frantic World session for your department from the UI Wellness Center.](#)

Increase your savings

- Pack your lunch
- Replace your daily latte with homemade coffee
- [Meet with a UI Extension Money Mentor](#)
- [Check out the Campus Wellbeing Center's Financial Wellness Toolkit](#)
- [Open or add to your supplemental retirement account](#)

Manage stress

- [Check out our online Wellness Under Pressure toolkit](#)
- [Schedule a free stress management session for your department from the UI Wellness Center](#)
- Learn and practice simple breathing techniques
- [Download relaxation exercises from the McKinley Health Center website](#)
- Use your vacation and personal days
- [Attend a free mindfulness class](#)

Reduce injuries

- Practice 20-20-20: If you work at a computer, turn away from the computer every 20 minutes. Look at something 20 feet away for at least 20 seconds. Blink to moisten and refresh your eyes. This is a great way to prevent eyestrain, which can result in fatigue, vision problems, headaches, neck pain.
- [Schedule an ergonomic assessment or checkout the ergonomics self help guide.](#)
- If you sit for sixty minutes, stand up and move for three (set a timer on Outlook to remind yourself)
- Wear your seat belt
- **Never** text or talk on the phone while you drive