

# FACULTY & STAFF WELLBEING

A M U L T I D I M E N S I O N A L A P P R O A C H

ANGIE BROWN, DIRECTOR | COMMUNICATIONS AND WORKLIFE  
UNIVERSITY OF FLORIDA HUMAN RESOURCES

APRIL 22, 2022



# Where the personal and the professional intersect

*At the University of Florida, we know that the quality of our life and the quality of our work are interdependent —and, as such, we place a high value on the health and wellbeing of our faculty and staff as well as their families.*



# WELLNESS

at The University of Florida

*Fostering a culture of health and wellness for our faculty and staff while creating opportunities for healthier behaviors through education, programming and support*





# WELLNESS OPPORTUNITIES

## • Programs

- Healthy Lifestyle Program
- Good Night Gators
- Grief and Coping
- Health Education and Literacy Program
- Financial Literacy Series
- Supportive Gators

## • Events

- Benefits and Wellness Fair
- Men's Health Awareness Week
- Resources to Restore Balance
- Perk Up Your Summer





# WINDOWS TO WELLNESS



Anti-Racism Repository  
Stronger Together  
Implicit Impact



UF Mindfulness  
Baughman Center  
Grief & Coping



Healthy Meetings Guide  
Workstation Workouts  
Summer Camps Expo



EAP  
Mental Health Helpline  
Resilience Programs



Sustainable UF  
Field & Fork  
CORE



Healthy Lifestyle Series  
Group Fitness  
UF RecSports



Get Connected  
Gratitude Spreads  
Healthy Potlucks Toolkit



Financial Literacy Series  
EAP (Financial & Legal)  
Hitchcock Food Pantry



EEP  
HEO for TEAMS  
Smathers Libraries!



# HAPPENING NOW

- **Streamed Classes**

*15-minutes at noon each day*

- Mondays: JumpStart
- Tuesdays: Relax
- Wednesdays: Build
- Thursdays: Unwind

<https://gatorcare.org/wellness/wellness-programs/live-wellness-classes/#live>

- **In-Person Yoga Classes**

*12:15-1:00 p.m.*

- Tuesdays: Ustler Hall Atrium
- Wednesdays: Smathers Library, Room 100

<https://wellness.hr.ufl.edu/initiatives/ongoing-classes/>



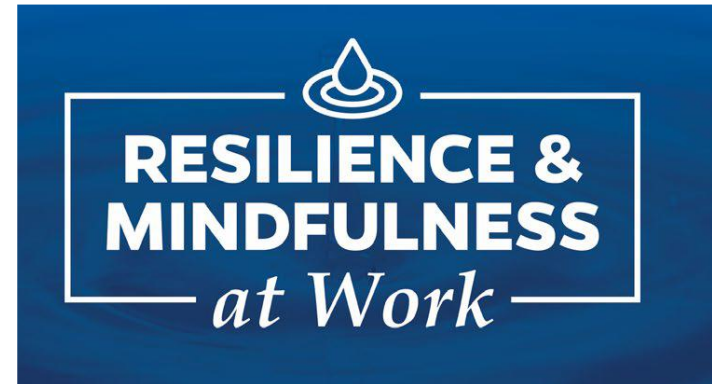
***Watch for more to come in Fall 2022!***



# NEW SERIES

## Resilience & Mindfulness at Work

- Five-part series
- Explores physical, cognitive, emotional and spiritual (purpose and values) aspects of resilience
- Opportunities for increased self-awareness through mindfulness
- Must attend all 5 sessions, complete light homework



*Register via myTraining today!*



# AVAILABLE NOW

## Healthy Lifestyle Program

- Six-part series
- Meets biweekly
- Learn latest physical activity and nutrition recommendations
- Set individual health and wellness goals
- Find tools and resources to help you on your wellness journey
- Integrate new healthy behaviors into daily routines



Register now for on-demand:  
<https://wellness.hr.ufl.edu/>





# AVAILABLE ONLINE

---

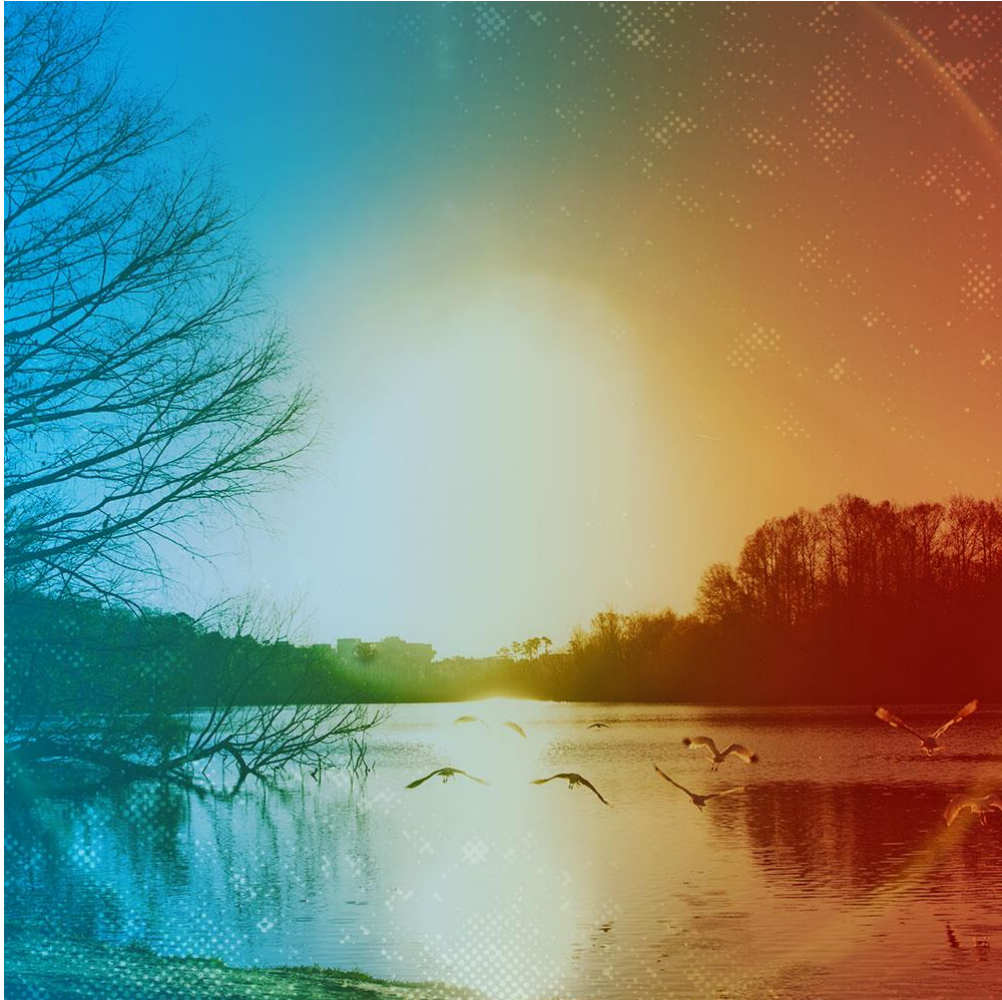
- Presentations and Workshops
  - Wellness Talks Media Library
  - Presentation Request Form
- Resources
  - Toolkits
    - Emotional Wellness
    - Financial Wellness
    - Healthy Lifestyle
  - Windows to Wellness
  - Gratitude Cards
  - Healthy Potluck Toolkit
  - Guide to Healthy Eating on Campus
  - Walking Maps



MENTAL HEALTH



# UF Employee Assistance Program



*No-cost, confidential  
solutions to life's  
challenges*



# UF Employee Assistance Program

---

- Employees and household members may request up to 6 free visits per person, per household, per event, per calendar year
- Available to all faculty, staff, graduate assistants, non-student OPS, house staff/residents and postdoc associates
- Call toll-free number — 833.306.0103 — to speak to a counselor who will answer questions and, if needed, refer to an area provider
- Vastly expanded network includes providers throughout the state and world



# Expanded UF Employee Assistance Program

---

- In addition: Enhanced worklife resources and services, including:
  - **Worklife solutions:** Child and elder care, moving and relocation, home repair, planning events, pet care
  - **Legal guidance:** Divorce, adoption, family law, wills, trusts and more, plus free 30-minute consultation and reduced fees for representation
  - **Financial advice:** Retirement planning, taxes, mortgages, insurance, budgeting, debt, bankruptcy
- Search online directory and resources or get a personal response to your particular need



# Expanded UF Employee Assistance Program

---

- Get support when you need it, 24/7 by:
  - Calling toll-free number: 833.306.0103
  - Logging into [guidanceresources.com](https://guidanceresources.com)  
First-time users register with **UFEAP** organization web ID  
Create unique username and password—not Gatorlink ID
  - Search databases based on your geographical location or submit your question directly via online request
- Visit [eap.ufl.edu](https://eap.ufl.edu) or email [eap-help@ufl.edu](mailto:eap-help@ufl.edu) if you have questions or would like more info.



# UF Employee Assistance Program

---



To learn more about the EAP or to share your feedback with us, please visit <https://eap.ufl.edu/>

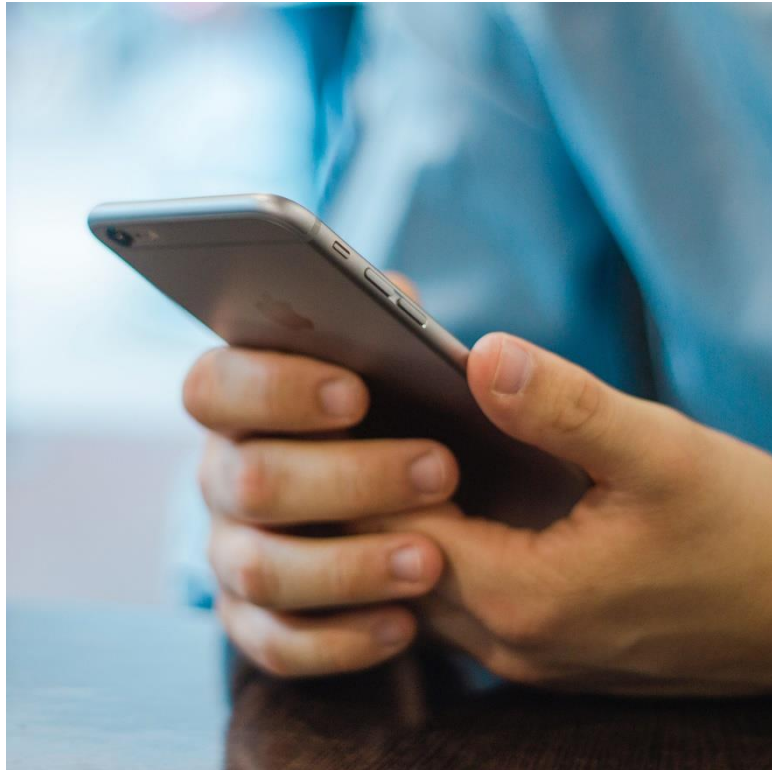
You can also email [eap-help@ufl.edu](mailto:eap-help@ufl.edu) to:

- Request support during an emergency or emerging situation in your department
- Request a presentation for your college or department
- Provide us with feedback or ask questions
- Request brochures (please include quantity)



# Mental Health Services Access Line

---



- Designed to more efficiently connect UF and UF Health faculty and staff and their families to mental health services
- Sponsored by UFHR, in partnership with the UF departments of Psychiatry and Clinical and Health Psychology
- Faculty, staff and their dependents may call **(352) 627-0032** between 8 a.m. and 5 p.m., Monday through Friday
- Assistance identifying and securing access to mental health services best suited to their needs
- Those experiencing a crisis with more urgent needs should call the Alachua County Crisis Center at (352) 264-6789.

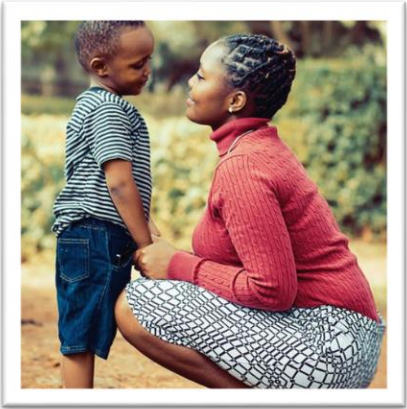




# Mindfulness

---

- Introduction to Mindfulness (one-time)
- Six-session introductory series  
*To request either of these programs presentation and/or start a meditation group in your department, please email [aabrown@ufl.edu](mailto:aabrown@ufl.edu).*
- Resilience and Mindfulness
- UF Mindfulness
  - 360° Mindfulness every Monday at 5:30 p.m.



<https://www.eventbrite.com/e/uf-mindfulness-360-practice-group-fall-2021-tickets-167176368017>

FAMILY



# Baby Gator Child Development Centers

---

- 3 campus locations
  - Lake Alice
  - Newell Drive
  - Diamond Village
- Accept children ages 6 weeks to 5 years
- Provide quality care and early education
- Play-oriented approach integrated with daily curriculum



<https://babygator.ufl.edu>



# Worklife Support Resources

---

- **UFHR Family Resource Officer**  
[FamilyResources@hr.ufl.edu](mailto:FamilyResources@hr.ufl.edu)
- **EAP Worklife Services**
  - Searchable childcare database
  - Referrals and resources  
<https://eap.ufl.edu>
- **Summer Camp Expo & Directory**
  - Held and published each spring  
<https://worklife.hr.ufl.edu/summer-camps-2020>





# Financial Benefits

---

- **Dependent Care Flexible Spending Account**
  - Child or elder care reimbursed; pre-tax savings  
[https://www.mybenefits.myflorida.com/health/savings\\_and\\_spending\\_accounts](https://www.mybenefits.myflorida.com/health/savings_and_spending_accounts)
- **Higher Education Opportunity for Children of TEAMS Employees**
  - UF tuition assistance for undergraduate education  
<https://learn-and-grow.hr.ufl.edu/education-programs/>
- **Tuition Exchange Program**
  - Scholarship program available with participating institutions  
<http://aa.ufl.edu/resources/tuition-exchange-program/>
- **EAP Financial Resources**  
Financial experts can assist with a range of issues



COMMUNITY



# Find community on campus...

---

- Affinity Groups
  - Association for Academic Women
  - Academic and Professional Assembly
  - Asian Faculty and Staff Association
  - Association of Black Faculty and Staff
  - Experience UF
  - Latinx Staff and Faculty Association
  - Presidential LGBTQ+ Advisory Committee
  - UF Queer Nation
- Communities of Practice
  - Gator Business Administrator Services
  - UF Communicators Network
  - UF Leadership Network
  - UF Women in Medicine and Sciences





<https://worklife.hr.ufl.edu/community/get-connected>

## ... and beyond

- Affinity/Networking
- Animals/Insections
- Arts/Creative
- Food/Gardening
- Gaming/Leisure
- Outdoor/Environmental
- Parenting
- Sports/Fitness
- Volunteer/Advocacy
- Yoga/Meditation



# STAY IN TOUCH

## UF at Work

Website: <https://news.hr.ufl.edu>

Facebook/Twitter: @UFatWork

Instagram: @uf\_atwork



## UFHR Wellness and Worklife

Website: <https://worklife.hr.ufl.edu>

Facebook/Twitter/Instagram: @WellatUF



## Angie Brown

Director, Communications & Worklife  
UF Human Resources  
(352) 273.1759 / [aabrown@ufl.edu](mailto:aabrown@ufl.edu)