

APRIL WELLBEING CALENDAR | TAKE A BREAK

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MON

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FRI

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UNIVERSITY OF DELAWARE
**EMPLOYEE HEALTH
& WELLBEING**

1 Take a 15-minute break and walk outside.	2 Water Cooler Chat 12 - 12:30 p.m.	3 Video call a friend you haven't seen in a while.
4 Donate a few old pieces of clothing to your local charity.	5 Spring Fitness Class Schedule Begins!	6 Self-Care Springo Begins!
7 Clean up your workspace so it feels comfortable and clean!	8 Meet a colleague for lunch at the park.	9 Water Cooler Chat 12 - 12:30 p.m.
10 Get outside! Sit in the sun while you eat a meal.	11 Go on a hike at your local state park	12 Couch to 5k Accountability Group Begins!
13 Clear your mind and meditate with Jen or Christine!	14 Write down 3 things you are grateful for.	15 Let's Cook! Spring Harvest 5 - 6:30 p.m.
16 Water Cooler Chat 12 - 12:30 p.m.	17 Digital Detox for the day!	18 Do an errand for a neighbor or family member.
19 Re-Coop Day: Check out our events to connect to your community!	20 Move intentionally. Follow along with one of our virtual fitness classes!	21 Send your administrative assistant a note of appreciation!
22 Happy Earth Day! Plant a flower outside today.	23 Water Cooler Chat 12 - 12:30 p.m.	24 Do something that makes you happy.
25 Spring Cleaning! Organize one room of your home.	26 Listen to a few songs without doing anything else.	27 Self-Care Springo Ends!
28 Close your eyes and breathe deeply for 1 minute.	29 Check in on someone who may be struggling.	30 Water Cooler Chat 12 - 12:30 p.m.

udel.edu/wellbeing
(302) 831-8388
wellbeing@udel.edu

PROGRAM DESCRIPTIONS

WATER COOLER CHATS

Water Cooler Chats are virtual spaces designed for building connection through casual conversations and for geeking out with new friends. Meet the Employee Health and Wellbeing Ambassadors at the "water cooler" for a 30-minute virtual meet-up every Friday at noon. Visit our Wellbeing Programs page for zoom links and rotating topics of conversation.

LET'S COOK: SPRING HARVEST

On April 15, enjoy the bounty spring has to offer with recipes featuring local produce! This is a "Let's Cook!" edition and comes with a meal kit stocked with produce from Kranz Hill Farm. This cook-a long with Chef Jen is limited to 20 participants only! ***Curbside pick-up for meal kits at STAR campus on Wednesday, April 14th. Times TBA. ***

RE-COOP DAY

The University will hold Blue Hen Re-Coop Day on Monday, April 19th coinciding with the break in classes for students—to focus on mental health awareness and provide an opportunity for our UD community to pause and reflect on wellbeing. Whether you can set aside a minute, an hour or the day, we encourage you to make the most of #BlueHenReCoop by participating in activities for students, faculty and staff that support your wellbeing before, during and after April 19.

FITNESS CLASSES

Check out the [fitness schedule](#) to add movement and mindfulness to your wellbeing routine with Employee Health and Wellbeing's live and on demand fitness classes. No matter your level of fitness, there's something for everyone!

SELF-CARE SPRINGO

Practicing self-care just got easier! Employee Health and Wellbeing encourages you to spend time doing things that bring you joy and calm your mind during the month of April. This challenge is self-paced and is intended for you to focus on what you need in order to be your best self. [Learn more and register for Springo.](#)

COUCH TO 5K

Ever wanted to run a 5k but not sure how to start? Employee Health and Wellbeing's Couch to 5k program has a place for you! From April 12 – June 8, 2021, runners can follow the "C25k 5k Trainer" app to monitor their running progress while also being guided and supported through accountability from other colleagues. The group participates in weekly coaching sessions hosted by Road Runners Level 2 Coach Diane Kukich while also staying connected virtually through Microsoft Teams to participate in weekly challenges, share completed workouts, distribute important information, and motivate to keep one another accountable. Weekly coaching calls are hosted on Mondays at 1pm. [Registration required.](#)