Throughout the month of May, use this calendar to engage in daily actions and wellbeing programs to improve your overall emotional and mental wellbeing. To learn more about other mental health resources available to you, please visit Employee Health and Wellbeing and ComPsych.

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

MENTAL WELLBEING BOOSTERS

Many of us are facing challenges that are stressful and overwhelming, taking a toll on our mental wellbeing. Learning to cope with these challenges in a healthy way can help us boost our mental wellbeing and develop resilience. In this 3-part series from May 4-May 18 Tuesdays at noon, you will learn three tools to help you cope effectively and maintain a positive outlook during these challenging times.

MENTAL HEALTH AWARENESS WEEK KEYNOTE

We can all benefit from improving our emotional wellbeing including emotional intelligence, as individuals and within communities. Being aware that our emotions drive our behavior and recognizing the impact they have on people – both positive and negative is key to how we move through the world and build back better. Join Dr. Vic Strecher to learn how living through purpose can build resilience and help us achieve our goals, no matter what challenges life presents to us on Thursday, May 6 at 12-1pm.

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! Watch our on-demand recordings of fitness classes, workshops, programs, and more at any time.

I HEART UD DAY

On Wednesday, May 5, 2021, come together with all Blue Hens to show your love for UD! I Heart UD Giving Day is an opportunity for students, faculty, alumni, parents, friends and staff to support the UD causes that matter most to them.

COMPSYCH

Available to employees and their families enrolled in the State of Delaware health plan. ComPsych offers no-cost confidential counseling, legal and financial tools, addiction and substance abuse services, a library of wellbeing recordings and more.

Available 24/7 at 877-527-4742 or www.guidanceresources.com or “Guidance Now” app available for Apple and Android (WebID: State of Delaware)

BLOGS

Visit our Fit For Life blog and Nutrition Corner to gain knowledge and learn tips on creating a healthy lifestyle.