

# May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Goal of the month:</b> In honor of Global Employee Health &amp; Wellbeing Month (GEHFM), make it your goal in May to take advantages of services by the Employee Health and Wellbeing program in being proactive with your health and wellbeing. Join us on May 16th from 9:30 a.m.-2:30 p.m. for the health and wellbeing screening zone!</p> <p><b>Please visit <a href="http://www.udel.edu/wellbeing">www.udel.edu/wellbeing</a> for more information.</b></p>		<p>"Appy Hour" 4-6 p.m. 1 Free Mac Workshop! UD Bookstore</p>	<p>2</p>	<p>"Appy Hour" 4-6 p.m. 3 Free Mac Workshop! UD Bookstore</p> <p>Wellness Speaker Series: <b>Wesley Hamilton:</b> 7-8 p.m. Willard Hall, Rm. 007 <b>Recovery Yoga</b> 7-8 p.m. Christiana Towers Engagement Cntr.</p>	<p>4</p> <p><b>Step Demo</b> CSB, Rm. 171A (Little Bob) 3 p.m.</p>	<p>5</p> <p><b>Rock Climbing Competition</b> 11:30 a.m.-8 p.m. CSB (Little Bob)</p> <p><b>White Clay Creek Fest</b> 12-4 p.m. Carpenter Recreation Area 880 New London Rd., Newark 19711</p>
<p>6</p>	<p>7</p> <p><b>Chronic Pain Self-Management Program</b> 6-8:30 p.m. STAR Room 113</p> <p><b>Color Me Calm</b> 6-8 p.m. Trabant Lounge</p>	<p>8</p> <p>"Appy Hour" 4-6 p.m. Free Mac Workshop! UD Bookstore</p> <p><b>Yoga Demo</b> CSB, Rm. 171A (Little Bob) 4:30 p.m.</p>	<p>9</p> <p><b>CrossFit Strength Seminar</b> 6:30 p.m., Hen House Open to students and staff</p>	<p>10</p> <p>"Appy Hour" 4-6 p.m. Free Mac Workshop! UD Bookstore</p>	<p>11</p>	<p>12</p>
<b>National Pet Week</b>						
<p>13</p> <p><b>HAPPY Mother's DAY</b> </p>	<p>14</p> <p><b>Chronic Pain Self-Management Program</b> 6-8:30 p.m. STAR Room 113</p>	<p>15</p> <p><b>GLOBAL EMPLOYEE HEALTH AND FITNESS DAY</b> Try a new recipe or incorporate physical activity into your work day, whether it is a walk during your lunch break or a walking meeting!</p>	<p>16</p> <p><b>Benefits Fair &amp; Screening Zone</b> 9:30 a.m.-2:30 p.m. Trabant Multipurpose Rooms 2nd floor Screening Zone</p>	<p>17</p>	<p>18</p> <p> <b>BIKE to WORK DAY</b> 7:45-9 a.m. Mentors' Circle</p>	<p>19</p> <p><b>Kennett Run 10K/5K</b> Time TBD Kennett Square, PA</p>
<p>20</p> <p><b>Here We Go 5k</b> 9 a.m.-12:30 p.m. Wilmington, DE</p>	<p>21</p>	<p>22</p>	<p>23</p> <p><i>Strive for progress not perfection</i></p>	<p>24</p>	<p>25</p>	<p>26</p> <p><i>With the new day comes new strength and new thoughts"</i> -Eleanor Roosevelt</p>
<p>27</p> <p> <b>National Sunscreen Protection Day!</b> Apply your SPF 30 sunblock to protect against UV rays.</p>	<p>28</p>	<p>29</p>	<p>30</p> <p><i>Create healthy habits not restriction</i></p>	<p>31</p>		

# May

## Health and Wellbeing Resources and Details

### National Mental Health Month

Every year millions of Americans are affected by mental illness. There are ways to boost your mental health try going on a 30-minute walk around campus, spending time with a furry companion or adding a little humor into your day. Learn more. Employee Health & Wellbeing is spotlighting Mental Health Month through a series of weekly emails and an in-house webpage on topics including Stress, Burnout, and Work-Life Balance; The Mind-Body Connection—how what we do impacts our mental health; and Mental Health Through the Ages. Each area will include resources for more information and tips for self-care. All information can be accessed through [udel.edu/wellbeing/mental-health-month](http://udel.edu/wellbeing/mental-health-month). Only those enrolled in the All Access Membership or on our mailing list will receive the weekly emails.

### Events

#### Wellness Speaker Series: Wesley Hamilton

**5/3 @ 7-8 p.m., Willard Hall Room 007**

Wesley Hamilton inspires others to believe in themselves and see their own greatness. At the age of 24, he was shot by a complete stranger. As a result, he was paralyzed from the waist down. Wesley took these challenges as an opportunity to reach for his potential. He discovered the importance of nutrition and fitness, and it changed his life. Wesley started the *Disabled but Not Really Foundation* to encourage people with spinal cord injuries to exercise.

Students who attend this presentation will be able to understand they have control over their own actions, value a support system for themselves, and apply one step in finding purpose to their lives. The presentation will address physical, spiritual, and intellectual wellness.

#### Recovery Yoga

**5/3 @ 7-8 p.m., Christiana Towers Engagement Center • Classes are free, no registration required**

Recovery yoga is focused on providing a healing environment for those who have been impacted by substance use disorders, trauma and/or mental health concerns. We partner with the Transformation Yoga Project to bring this resource to our campus weekly.

#### Rock Climbing Competition

**5/5 @ 11:30 a.m. – 8 p.m.i, Carpenter Sports Building (Little Bob)**

#### White Clay Creek Fest 2018

**5/5 @ 12-4 p.m.,**

**White Clay Creek State Park, Carpenter Recreation Area (Main Entrance), 880 New London Road, RT. 896, Newark, DE**

Creek Fest celebrates the many ways to enjoy and protect the White Clay Creek, a National Wild & Scenic River. Our goal is to raise awareness of the drinking water, scenic, recreational, historical and natural resource values of the White Clay Creek through various activities and exhibits. We hope to inform residents in and around the watershed on ways to protect, improve, and promote these values. Learn more.

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Please see next page for more details



### **Color Me Calm**

**5/7 @ 6-8 p.m., Trabant Lounge**

Did you know that COLORING helps with problem solving and organizational skills? Boost your brain with Promoters of Wellness at its final event of the semester, Color Me Calm. Join our peer educators in de-stressing before finals with some light music, coloring pages, tea and cookies.

### **Benefits Fair and Screening Zone**

**5/16 @ 9:30 a.m. – 2:30 p.m. on the 2nd floor of Trabant**

NEW THIS YEAR, Health and Wellbeing Screening Zone (2nd floor Trabant) that will include internal and external vendors that will provide health screenings, education demos, food demonstrations and more! Visit this expo to gain valuable knowledge about your health and to connect to your University of Delaware resources. Sign up for a free screening.

### **National Bike to Work Day**

**5/18 @ 7:45-9 a.m. at Mentors' Circle on the UD campus (just off South College Ave. at Kent Way)**

This annual event features free t-shirts, breakfast food, speakers, awards, and random prizes  
Check out the flyer.

### **2018 Kennett Run 10K/5K**

**5/19 @ time depending on event, Kennett Square, Pennsylvania**

Register here:

### **Here We Go 5k**

5/20 @ 9 a.m.–12:30 p.m. , Wilmington, Delaware

Register here

### **Chronic Pain Self-Management Program**

4/9-5/14 (Mondays) @ 6-8:30 p.m. at STAR Room 113

Free healthy living workshops that includes more knowledge about chronic health conditions that can: Prevent and/or delay health complications, deal with frustration, fatigue, pain, and isolation, learn about appropriate exercise to maintain and improve strength, flexibility, and endurance, communicate effectively with health professionals and others

## **Workshops**

### **Apple "Appy Hours"- Free Mac Workshops**

5/1, 5/3, 5/8, & 5/10 @ 4-6 pm at UD Barnes & Noble Bookstore, 2nd floor, Apple store

Learn More

### **CrossFit Strength Seminar**

5/5 @ 6:30 pm in the Hen House of the Carpenter Sports Building (Little Bob). Learn More

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**For more Information visit [udel.edu/wellbeing](http://udel.edu/wellbeing)**

*This material is for informational purposes only and is neither a substitute for professional medical advice or treatment. In addition, this calendar contains a sample of the National Health Observances and is meant to bring awareness to the University of Delaware Employee Health and Wellness Initiatives.*

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