WELL-BEING TIPS DURING THE COVID-19 PANDEMIC

From staying positive to maintaining an exercise regimen to simply stepping outside to get some fresh air, UNT World faculty, staff and students are participating in a variety of activities in order to cope with the ongoing COVID-19 pandemic. We recently asked for suggestions and ideas for how best to deal with our “new normal,” and received more than 100 responses. Some of the best tips include:

- "Staying positive and using Zoom with friends and family and with department teams to keep in touch in order to alleviate work burnout."
- “Taking walks every day has helped me with this change.”
- “I am working out during my lunch break (just a small workout) and then a more intense one in the evening. This is making me feel so much better. I am also eating healthier and taking better #selfcare.”
- “Being at home working has given me more of an opportunity to get up and walk. I am currently doing the Real Appeal offered through our health insurance and I have used YouTube Walk at home videos to help me. I will take a break mid-morning and do a 15 minute walk, then at lunch
time I am able to do some yoga, stretching or more walking. I am also doing more food prep so it is helping me to stay on track with eating and not over-eating while being at home, where food is always there. I have been able to make this a habit every day.”

- “Sheltering in place has forced me into doing tasks that have been putting off until now.”

- “Keep a clean work area … do a home workout that is at least 30 minutes long … practice self-care (which lately consists of reading a book and sitting outside when I can)... try and eat healthy meals.”

- “Each day in our Zoom team meeting, we share a stressor and two joys. It is important that all have a space where we feel safe to share our struggles but also take time to celebrate joys. This can be little or small. Some days, the individual may not have anything and that is OK. Then, we plan to keep track of the positives and struggles that we share each day, and to look back on what was shared at the end of the week to see how things evolved or changed from what we were struggling with and what we found joy in.”

- “To pass the time at home, we build legos, puzzles, play board games, and enjoy walks with the family and our dog. And we have been watching more movies on Netflix.”
Our Remote Offices Show Adaptability During Challenging Time

As part of In the Green: UNT World Well-Being, our system-wide initiative to encourage physical, financial and interpersonal health, we asked team members to share their remote work spaces during the COVID-19 pandemic. We've all had to adapt and change our approach to work in some capacity and it's fun to see how colleagues from across the UNT System "make it work." We received images from UNT System, UNT, UNTHSC and UNT Dallas faculty and staff and create a gallery on our Facebook page. Some team members have dedicated office space, while others find themselves in a guest bedroom or at the kitchen table – but everyone has done a great job being adaptable during this challenging time. Click the image on the left to view our gallery on Facebook.

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PHYSICAL WELL-BEING

ENJOY VIRTUAL WORKOUTS WITH REC SPORTS

UNT Recreational Sports wants to help you and your family "Stay Active, Stay Healthy & Stay Involved" during this difficult time. To help you reach and exceed those minutes, Rec Sports is providing new live and on-demand workouts, intramural events, outdoor clinics and tips, and family friendly activities each week.

LEARN MORE
ERS, BCBS TEXAS ARE VALUABLE RESOURCES

The Employees Retirement System of Texas and Blue Cross Blue Shield of Texas are committed to giving you the resources you need related to COVID-19. In addition to virtual visits, you now have the option to speak with a trained Catapult Nurse Practitioner for HealthSelectSM participants at no cost. (The password for access is "support.")

LEARN MORE

FINANCIAL WELL-BEING

STAY UP TO DATE WITH FINANCIAL TIPS

Keep up to date with tips from financial professionals, links to articles and videos--all on the well-being financial resources page. Weekly webinars on a variety of financial fitness topics are also available.

LEARN MORE

Upcoming well-being opportunities from In the Green. Visit our web site: wellbeing.untsystem.edu

WEBINAR: "Good Night with Dolly"
April 30 at 7 p.m. - CLICK FOR DETAILS
WEBINAR: "Ready for the Road Ahead"
May 1 at 11 a.m. - CLICK FOR DETAILS

WEBINAR: "Round the Clock: Late Shift Living"
May 4 at 9 a.m. - CLICK FOR DETAILS

WEBINAR: "What is Real Appeal?"
May 5 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: "Nutrition in a Nut Shell"
May 5 at 3 p.m. - CLICK FOR DETAILS

WEBINAR BY VOYA: "Social Security Strategy"
May 6 at 11 a.m. - CLICK FOR DETAILS

WEBINAR BY VOYA: "Social Security Strategy"
May 6 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: "Good Night with Dolly"
May 7 at 7 p.m. - CLICK FOR DETAILS

WEBINAR BY FIDELITY: "Organize, Plan & Own Your Future"
May 8 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: "EAP Orientation"
May 11 at 9 a.m. - CLICK FOR DETAILS

WEBINAR BY FIDELITY: "Organize, Plan & Own Your Future"
May 11 at 11 a.m. - CLICK FOR DETAILS
WEBINAR: "Inclusivity, Collaboration and Respect"
May 12 at 8 a.m. - CLICK FOR DETAILS

WEBINAR BY ERS: "Ready, Set, Retire"
May 13 at 1:30 p.m. - CLICK FOR DETAILS

WEBINAR: "Good Night with Dolly"
May 14 at 7 p.m. - CLICK FOR DETAILS

WEBINAR BY FIDELITY: "Explore the Benefits of an HSA"
May 15 at 11 a.m. - CLICK FOR DETAILS

Campus News.

Click logos for the latest news from our member institutions

Miss an issue of HR Highlights? CLICK HERE to catch up!