Be “In the Green” by participating in our UNT World Well-Being Program. Visit the In the Green portal to explore a wealth of resources. Well-being benefits include online fitness classes, meditation sessions and financial webinars. Explore articles about physical, interpersonal and financial wellness. Find helpful information about your UNT World benefits, including fitness and financial assessments. Check out app recommendations, nutritional advice, free counseling resources and much more.
August is Wellness Month

August is about wellness! We’re focusing this edition of our newsletter on self-care. It’s a great time to focus on YOU and your well-being by developing a strategy for managing stress and creating healthy habits and routines.

What is self-care? Anything you do to take care of your physical, emotional, mental and interpersonal health.

It’s often something we don’t take the time to do. We’re all so busy with work and taking care of business (and taking care of others) that we aren’t always deliberate about taking care of ourselves. And that takes its toll—we get stressed, fatigued, burned out or overwhelmed.

Taking care of ourselves can combat those negatives. But first we need to be intentional about self-care and take the time to “make it a habit.” The “21/90 rule” says that it takes 21 days to make something a habit and 90 days to make it a permanent lifestyle change.

While that may sound like a big effort—when you think about what small changes you can make to improve your self-care, it might not be so hard to improve your well-being. And if you start small and then build on that success, you will start to see the positive impact of making these changes for yourself and for your health.

Why take time for self-care?
Besides combating stress—you can improve your overall mood and reduce
anxiety. Feeling better means living better. And feeling better can improve your relationships with others, and improve your work life.

**Keep it simple**

- Get enough sleep—most adults need 7-8 hours a night.
- Take time to exercise—the suggested 150 minutes a week can be broken up into 10-15 intervals. Walk around the block, sweep the driveway, take time to stretch, try some new dance moves to your favorite tunes.
- Keep up with medical care—don’t put off checkups and assessments.
- Relax—find what works for you. Listen to music, meditate, sit on the patio and watch birds, read a book, watch a movie.
- Eat healthy—it’s OK to indulge from time to time but make sure you’re getting your fruits, veggies, fiber, water, vitamins and protein (and minerals, and fats, and carbs–yes, you need these too). Food is fuel. Good fuel means good energy!
- Do at least one fun thing a day—play your favorite game on your phone, talk to your best friend over Zoom, enjoy time with your pets, shoot hoops, garden, bake ... whatever makes you happy! Take time to do something you really enjoy at least once a day.
- Laugh! Laughter has been called the best medicine. Take time to talk to someone who cracks you up. Watch a funny video, or a favorite funny show or movie.

Enjoy your UNT World Wellbeing program benefits, which include virtual work out sessions, financial fitness webinars and other great resources.

Take advantage of all of your UNT System employee benefits—including your health insurance, which includes mental health benefits and wellbeing resources; your Employee Assistance Program (free counseling), and your perks programs (fitness discounts on equipment, memberships, etc.).
**PHYSICAL WELL-BEING**

*Make Sure You're Getting Enough Exercise*

The Physical Activity Guidelines for Americans recommends a minimum of 150 minutes of moderate physical activity every week.

[LEARN MORE](#)

---

**INTERPERSONAL WELL-BEING**

*Self-Care Tips Are Easy to Access*

Feeling overwhelmed? Visit your [EAP](#) for self-care tips when your emotions get the best of you.

[LEARN MORE](#)

---

**FINANCIAL WELL-BEING**

*Planning Your Financial Self-Care in Times of Stress*
Financial issues can cause strain on our relationships, impair our productivity at work when stress and strain overwhelm us, and seriously impact our overall wellness.

LEARN MORE

We’d love to hear from you! Share your comments, suggestions, videos and photos with us. Follow In the Green on Twitter and Instagram (@untworldwellbeing), and join us on Facebook.

Upcoming well-being opportunities from In the Green. Visit our website for a complete list of events: wellbeing.untsystem.edu

WEBINAR: "Managing Finances When Income Decreases"
July 31 at 9 a.m. - CLICK FOR DETAILS
July 31 at 10:30 a.m. - CLICK FOR DETAILS

WEBINAR: "TRS: What's My Tier?"
July 31 at 4 p.m. - CLICK FOR DETAILS

WEBINAR: "Fort Worth, Tell Us What You're Reading"
July 31 at 5:30 p.m. - CLICK FOR DETAILS

WEBINAR: "Plan Your Way to Wellness"
August 5 at 9 a.m. - CLICK FOR DETAILS

WEBINAR: "Tips to Help Care for Someone with Dementia"
August 5 at 11:30 a.m. - CLICK FOR DETAILS

WEBINAR: "TRS Disability Retirement"
August 6 at 1 p.m. - CLICK FOR DETAILS
WEBINAR: "Problem Solving"
August 7 at 8 a.m. - CLICK FOR DETAILS

WEBINAR: "For Teens: Buying a Car and Gaining Financial 'Sense'"
August 7 at 11 a.m. - CLICK FOR DETAILS

WEBINAR: "Fort Worth, Tell Us What You're Reading"
August 7 at 5:30 p.m. - CLICK FOR DETAILS

WEBINAR: "Social Security for Married Couples"
August 11 at 11 a.m. - CLICK FOR DETAILS

WEBINAR: "Fitness for Life"
August 11 at 12 p.m. - CLICK FOR DETAILS

WEBINAR: "TRS: Requesting a Refund"
August 11 at 2 p.m. - CLICK FOR DETAILS

WEBINAR: "Money at Work 2"
August 12 at 11 a.m. - CLICK FOR DETAILS

WEBINAR: "Retiring in the 'New Normal'"
August 12 at 2 p.m. - CLICK FOR DETAILS

WEBINAR: "Postcards From the Future"
August 13 at 2 p.m. - CLICK FOR DETAILS

Campus News.
Click logos for the latest news from our member institutions

Missed an issue of HR Highlights? [CLICK HERE](#) to catch up!