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.
Focus on Your Well-Being This Fall

As fall kicks off in September, and hopefully the temperature cools a bit, it’s a great time to start a new walking program and enjoy the weather, or maybe start something new like a yoga practice. Did you know your well-being benefits include free workouts via the web? Take a look at the events calendar to see what you’d like to try.

And in September, as the new semester gets under way, take a few minutes for some “me” time by checking out the In the Green Wellbeing portal. We’ve pulled together resources that can help you focus on well-being this fall. Besides workouts, we have articles, suggested apps and resources, and webinars about financial well-being as well as interpersonal and physical well-being.

Stake out a little time on your calendar for you. Add webinars and workouts that will help you have an excellent autumn! Take advantage of your well-being resources as part of your daily or weekly routine to enhance your workday and your wellness.

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Get Fit Without Working Out

Staying fit without a gym can be easy, with fun activities such as virtual stretches, video games, chores and much more.

LEARN MORE
Retain a Semblance of 'Normal'

*Work-life balance* is a concept that may seem elusive during a global pandemic that has us home-schooling our kids, socially distancing, cooking more at home and managing relationships with people we can’t see in person.

LEARN MORE

There Are Resources Available

Take Care of Yourself Financially

Check out the free webinars hosted by our vendors (AIG, Fidelity, TIAA and Voya) via the *In the Green* portal.

LEARN MORE
Financial concerns are impacting many of us during this time across our UNT World community. Besides making use of your UNT World-provided benefits, there are excellent resources available in your community.

Serve Denton partners with community nonprofits to make services more accessible. This one-stop spot includes the Denton Community Food Center.

In Tarrant County, Tarrant Cares will connect you to many services, including those for veterans, victims of domestic violence, and assistance for disabled adults.

In Dallas, CitySquare has partnered with United Way to provide financial help to people who need help paying the rent, mortgage or utilities. They also offer a host of other community resources.

Have you heard of 211.org? It's an excellent source for all community nonprofit resources—search by zip code to find help where you live.

We’re here to help you focus on well-being as you start your fall semester. Taking time for yourself, and taking care of you and your family are so important. We hope you’ll take advantage of your UNT World well-being resources (as well as other employee benefits) that are here to help you on your path. Enjoy the fall, and don’t hesitate to reach out (HRBenefits@untsystem.edu) to share your feedback on the well-being program, suggest ideas and resources, or just tell us how and what you’re doing as part of your well-being journey. 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: “Parenting in the 21st Century”
August 28 at 9 a.m. - CLICK FOR DETAILS

WEBINAR: “Understanding Your Spending”
August 28 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: “Fort Worth, Tell Us What You're Reading”
August 28 at 5:30 p.m. - CLICK FOR DETAILS

WEBINAR: “Guided Imagery with James L. West”
August 31 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: “Understanding Your Spending”
September 1 at 10 a.m. - CLICK FOR DETAILS

WEBINAR: “Managing Your Debt”
September 1 at 3 p.m. - CLICK FOR DETAILS

WEBINAR: “Managing Your Debt”
September 2 at 11 a.m. - CLICK FOR DETAILS

WEBINAR: “Taking Control of Your Finances”
September 3 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: “Taking Control of Your Finances”
September 4 at 10 a.m. - CLICK FOR DETAILS

WEBINAR: “What Is Real Appeal?”
September 8 at 12:30 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!