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.
Celebrate All Things Fall

As we get closer to October, the leaves are just starting to turn beautiful colors, temperatures are (sort of) dropping (we hope), and we’re celebrating all things fall: Yes, it’s time for pumpkin spice lattes. October is also Breast Cancer Awareness Month, dedicated to raising awareness and raising funds for the cure. Wear pink on Oct. 23 to raise awareness and celebrate survivors, caregivers and honor those we’ve lost to the disease. Take time to learn more about prevention, risks and when/how often you should get a mammogram.

Learn more about breast cancer, including statistics for women and men. Yes, men can also get breast cancer.

Don’t delay getting care during the pandemic.

Read about preventative measures and about risk factors.

How common is breast cancer?

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PHYSICAL WELL-BEING

Take a Hike

Being outdoors is a great way to set your mood, mind and body. Hiking is a low-impact exercise that you can do with your family and friends while maintaining social distancing.

LEARN MORE
Ways to Strengthen Your Immune System

There are many conditions and treatments that can compromise your immune system. Learn more with these tips on how to keep your body moving with diet, exercise and eating right to improve your overall well-being.

LEARN MORE

INTERPERSONAL WELL-BEING

World Mental Health Day Is Coming Up

World Mental Health Day is Oct. 10, a day dedicated to raising awareness.

LEARN MORE

FINANCIAL WELL-BEING

Check Out These Webinars and Videos

We’ve got a variety of financial fitness webinars and videos on the calendar for the last week of September and the month of October.

UNT System Administration Equity, Diversity & Inclusion Advisory Group Launches

Chancellor Roe has formed the inaugural UNT System Administration Equity, Diversity & Inclusion (ED&I) Advisory Group. This diverse group of volunteers and nominees from across UNT System Administration will
gather, analyze and retain data relative to equity, diversity and inclusion to drive long-term strategy, initiatives and direction. Additionally, they will assess and inform the System Administration of any systemic issues that create barriers to equity and compliance deficiencies, and will partner with campus ED&I advisory groups and related offices. Creation of this group demonstrates the UNT System’s commitment to equity, diversity and inclusion and will be dedicated not only to identifying issues and addressing them but also to celebrating strengths and telling the UNT System ED&I story.

Sub-committees have formed and their work has begun; the groups are:

- **Equity**: addressing processes, creating and/or reviewing and assessing ED&I tool kits; gathering and evaluating data and conducting data analytics
- **Diversity**: working on diversity dimension education and assessing and creating ED&I tool kits
- **Inclusion**: creating activities, resources, affinity groups, ED&I social media presence; engaging the community collaboratively, building partnerships
- **Communications**: delivering ED&I news via newsletters, email, web and social media; creating and maintaining ED&I calendar, managing social media accounts, and creating web content.

Watch for updates from the team in **HR Highlights** and the **In the Green** Wellbeing newsletter. And, we’d love to hear from you: edi@untsystem.edu. Your story is our story—we hope you will share your thoughts, concerns, ideas, experiences and insights with us on this important journey to create a culture of equity, diversity and inclusion.

“Equity, diversity and inclusion is a mixed interminable journey from within. Within you, your administration, your institution, your organization, your team, your group; the world over. There is no without because the journey has no end.” —Wanda S. Boyd, Assistant Vice Chancellor of Equity, Diversity and Inclusion and Senior Director of Human Resources, UNT Dallas

**What is “ED&I”?**

**Equity**: the fair treatment, access, opportunity, and advancement of all people while eliminating barriers, increasing justice and fairness within procedures, processes, and distribution of resources.

**Diversity**: all the ways in which people differ, encompassing characteristics that make us different from one another. Diversity is all-inclusive. A broad definition includes race, ethnicity, gender, age, national origin,
religion, disability, sexual orientation, socioeconomic status, education, marital status, language, physical appearance. It also includes different ideas, perspectives, and values.

**Inclusion:** authentically bringing traditionally excluded individuals and/or groups into processes, activities, and decision/policy making in a way that shares power. More definitions like these can be found at the source: explore the glossary at racialequitytools.org.

Learn more about UNT System ED&I initiatives and information and join the ED&I conversation on social media - #IamEDI

**Ways to engage in wellness**

Have you heard the expression “bring your whole self to work?” That means be you–and bring to work, figuratively, what makes you unique, including your strengths and your story. Your own story is different from anyone else’s, and yet you share commonalities with coworkers and friends that can help you relate to and appreciate one another. And that’s part of wellness. Building relationships by celebrating differences and sharing experiences can make your work team stronger. Check out these ideas for starters.

**What is wellbeing, really?** Put simply, it’s being happy and healthy. But there’s a lot more to it, and it’s not just about your physical or even emotional or financial health. Social wellbeing is a thing. And right now, that part of our lives has changed radically and we’re all trying to figure out the “how to” on that one. Try to make part of your workday with your colleagues social. It can be as simple as a 15 minute virtual coffee break together (pumpkin spice latte time, right?) where you talk about the weekend, or a short mid-week meeting on a guided topic that can help you get to know each and maybe minimize some work week stress.

Hispanic Heritage month continues through Oct. 15. Learn more about this important month-long observation of culture and history. Additionally, please check out our Hispanic Heritage Month video series with UNT World Faculty & Staff.

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"
September 28 at 8 a.m. - CLICK FOR DETAILS

WEBINAR: "Put Your Debt on a Diet"
September 29 at 10 a.m. - CLICK FOR DETAILS

WEBINAR: "Grief, Loss and Renewal"
September 30 at 8 a.m. - CLICK FOR DETAILS

WEBINAR: "When the Income Decreases, But the Bills Don't"
September 30 at 11:30 a.m. - CLICK FOR DETAILS

WEBINAR: "Let's Talk: Couples and Money"
October 1 at 1 p.m. - CLICK FOR DETAILS

WEBINAR: "Money at Work: Investing"
October 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!