

The 30 N. Mills Wellness Committee¹ is Celebrating Year 2 of Awesomeness!²



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

July 15 - August 23



Career

Emotional

Environmental

Financial

Physical

Social

Spiritual



Between July 15 and August 23 look here (literally, right here) for daily³ ways to improve your personal wellness...no pressure, no commitment...just little moments to become a better you.

The committee's way of thanking you for making the effort and taking the time. Bravo!

1. - Creating opportunities for employees to enhance their health and well-being.
- Increasing awareness about wellness on campus.
- Identifying and supporting policy and environmental changes that support wellness.

2. By awesomeness we mean existence...so thank you for participating and providing continual feedback on activities and opportunities to make the 30 N. Mills Wellness Committee an employee benefit supporting your overall well-being.

3. The entire month of Daily Wellness Challenges is up on the FP&M Wellness website...
<https://inside.fpm.wisc.edu/wellness/>
if you're one for planning or just wanting to pass along to co-workers, friends, or families.

The 30 N. Mills Wellness Committee is Celebrating Year 2 of Awesomeness!



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

WEEK 1 - July 15-19



Career



Emotional



Environmental



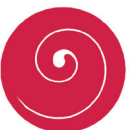
Financial



Physical



Social



Spiritual



Listen Up!

15

Improve your relationships by enhancing your listening skills. Watch this short [TED Talk](#) on 5 Ways to Listen Better.

Attitude of Gratitude

16

Studies show a strong link between gratitude and happiness. Learn more about gratitude from [UW Health](#).

Move More at Work

17

Regular stretching can help reduce stiffness and poor posture. Here are [stretches](#) you can do right at your desk.

Time to Reflect

18

Self-reflection can be hard. [Learn more](#) about why reflection is important and tips on how to start.

Work that Core

19

Attend group fitness classes with [UW Rec Sports](#). UW employees can purchase a fitness pass for 1, 4, 8, or 12 months.



Scan QR code
to go the 'links'



The 30 N. Mills Wellness Committee is Celebrating Year 2 of Awesomeness!



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

WEEK 2 - July 22-26



Career



Emotional



Environmental



Financial



Physical



Social



Spiritual



Nix the Negativity

22

Learn how to develop a more positive outlook with these [tips](#) from UW Health.

Get Some zzz's

23

[Learn](#) how to achieve longer and better quality sleep with these tips on falling asleep.

Explore the Arts

24

Check out the [Chazen](#), the [Con-temporary Arts Museum](#), or UW's [theatre](#), [music](#), and [dance](#) events.

Color Your Stress Away

25

Choose from hundreds of free [coloring options](#) to relax, take a break, or boost creativity.

Grab Some Fresh Air

26

Check out the UW Arboretum and their [events](#) going throughout the year.



Scan QR code
to go the 'links'



The 30 N. Mills Wellness Committee is Celebrating Year 2 of Awesomeness!



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

WEEK 3 - July 29 - August 2



Career



Emotional



Environmental



Financial



Physical



Social



Spiritual



Walk at Work

29

Get your exercise in by walking to meetings on campus or walking stairs during breaks.

Learn Your Love Language

30

Take this fun [quiz](#) to find out how you best receive love and appreciation.

Be Happier

31

Watch this short [video](#) on the secret of happiness for today's inspiration.

Boost Your Self Confidence

01

Watch a [TED Talk](#) on "power posing" & learn how your body language affects how others see you.

Feeling Off?

02

Check out [Silvercloud](#), an online, self-guided resource that helps with mental health and stress.



Scan QR code
to go the 'links'



The 30 N. Mills Wellness Committee is Celebrating Year 2 of Awesomeness!



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

WEEK 4 - August 5 - 9



Career



Emotional



Environmental



Financial



Physical



Social



Spiritual



Give a Compliment

05

Throughout the day, before talking with someone or asking them a question, compliment them.

Bike Around the Lake

06

Madison has many great bike trails, check out this [map](#) to plan your next bike ride.

Take a Breather

07

[Learn](#) how to use breathing exercises to help with stress management.

Money Got You Stressin'?

08

[Read](#) up on budgeting tips from UW Credit Union.

Eating Well

09

Look through healthy eating [tools](#) that UW Health collected.



Scan QR code
to go the 'links'



The 30 N. Mills Wellness Committee is Celebrating Year 2 of Awesomeness!



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

WEEK 5 - August 12-16



Career



Emotional



Environmental



Financial



Physical



Social



Spiritual



Take a Brain Dump

12

Take two minutes to write down what you're thinking about, what you have to do, etc.

De-stress Your Desk

13

Cluttered desks can create stress and anxiety. Take the time to file paperwork and organize files.

Improve Your "Outlook"

14

Check out these [best practices](#) to keep your Outlook inbox and calendar organized.

Be a "Goal-getter"

15

Practice goal setting by writing down at least three goals. Remember to make [SMART](#) goals!

Strengthen Relationships 16

Write down a list of your loved ones. Next to their name, write down their signature strength/s.



Scan QR code
to go the 'links'



The 30 N. Mills Wellness Committee is Celebrating Year 2 of Awesomeness!



Facilities Planning
& Management
UNIVERSITY OF WISCONSIN-MADISON

WEEK 6 - August 19-23



Career



Emotional



Environmental



Financial



Physical



Social



Spiritual



Meditation Mondays

Start your week practicing mindfulness. Not sure where to start, check out these [tips](#).

19

Saving for the Future

Check out this [financial calculator](#) to see how long it will take you to reach your saving goals.

20

Lacking Motivation?

[Read](#) up on motivation and how to find what's truly meaningful to you.

21

Unplug Your Health

Check out this interesting [article](#) about taking a technology break.

22

Mind-Body Connection

[Learn](#) about how exercise can improve your mental and emotional health.

23



Scan QR code
to go the 'links'

