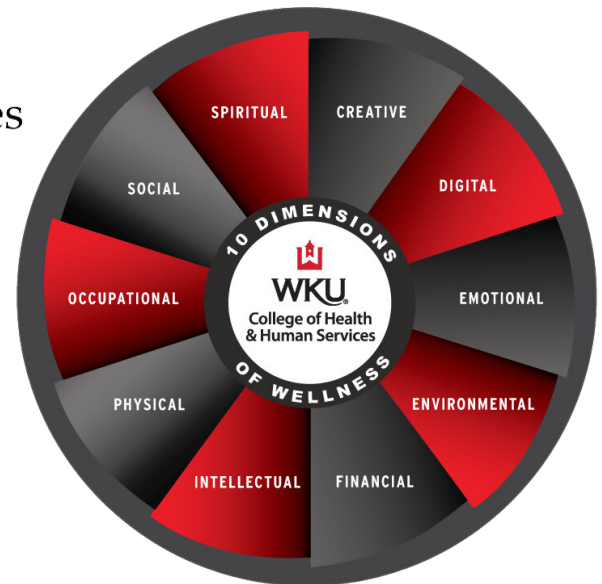


THE CHHS WELLNESS HOUR



CREATIVE WELLNESS

The ability to express yourself creatively

- Participate in arts & cultural activities
- Express yourself through hobbies
- Paint, draw, sculpt, etc



DIGITAL WELLNESS

The ability to use technology intentionally in a safe, ethical, & positive manner.

- Take a technology break
- Use a calming app such as Headspace or Calm



EMOTIONAL WELLNESS

The ability to understand ourselves

- Meditation
- Therapy/counseling
- Community service/volunteer activities



ENVIRONMENTAL WELLNESS

The ability to care for the environment, our community, and ourselves

- Volunteer in the community
- Coordinate recycling/waste pick-up for office
- Gardening



FINANCIAL WELLNESS

The ability to live within our means

- Attend a financial-focused webinar
- Read a finance-related book
- Complete a financial workshop on Vitality website



INTELLECTUAL WELLNESS

The ability to seek out new ideas, experiences, and skills for lifelong learning

- Attend lecture on campus
- Attend museum exhibit/art opening
- Reading away from your desk



PHYSICAL WELLNESS

The ability to take care of our bodies

- Exercise/physical activity
- Group fitness classes
- Walking
- Strength Training



OCCUPATIONAL WELLNESS

The ability to find joy in our jobs and have balance in our lives

- Shadow someone in another job on campus
- Run errands (no more than 1 day/week)



SOCIAL WELLNESS

The ability to have healthy relationships

- Attend family member's event at school/organization
- Attend social events on campus
- Attend a club meeting off campus



SPIRITUAL WELLNESS

The ability to establish peace and harmony in our lives

- Meditation
- Massage
- Attend spiritual event



Since we are the College of Health and Human Services (CHHS), and innovation is one of our core values, we want to take innovative approaches to enhance workplace health and employee wellness. The CHHS Wellness Hour provides staff with a one-hour break during the day for self-care.

Purpose:

The purpose of the wellness hour is to allow staff to take one (1) paid hour daily, in addition to their lunch hour, to perform a wellness activity. Please note, it is not required that staff members take this time and it is not considered part of their job responsibilities. Therefore, a staff member may choose to work through the wellness hour any day. However, as long as staffing allows, staff members have the option to use the 1 hour for one or more activities that meet one of the eight dimensions of wellness.

Guidelines:

- This is meant to be a break in the day to invest in self-care.
- It CAN be combined with the lunch hour (if possible) for two (2) hours away from the desk. However, it is NOT meant to allow staff to come in an hour late or leave an hour early.
- It will only be available if you work a full day.
- It is also not cumulative; meaning a staff member cannot bank wellness hours for a longer leave on one day. If the hour is not used, then it is lost.
- Additionally, there must be coverage in the office to allow a staff member to leave their desk. If the office only has one staff person, then it will be determined by the Chair or Director if the staff member can leave their desk.
- It is further **REQUIRED** that if a staff member takes advantage of the staff wellness hour, the activity must be [recorded \(please click here\)](#). A staff member can record activity daily, or at the end of each week, but it is important that this time is documented for evaluation of the program.