



UNIVERSITY OF DELAWARE

**EMPLOYEE HEALTH
& WELLBEING**

November 2018 Lifestyle Improvement Series

Bring Your Best Self to Work

About the Program

In this **FREE three-part series** led by University of Delaware health professionals and trusted partners, you will learn how to improve various areas of your wellbeing. Each session will cover a distinct, yet related topic. The series is open to all University of Delaware Employees, Spouses, and Retirees. You are welcome to attend one, two, or all three sessions.

Our November series focuses on bringing your best self to work. Each session will begin with 30-minutes of yoga (optional), and light breakfast with coffee followed by an hour long workshop.

Session Details

Dates	November 1 st , 8 th , 15 th
Times	<ul style="list-style-type: none">• Yoga: 7:30am – 8:00am (Mats provided)• Light Breakfast: 8:00am – 9:00am• Workshop Time: 9am – 10am
Location	UD Health Campus, STAR Tower, 4 th Floor, Room 419/420
For more details and to Register	Email wellbeing@udel.edu or call 302-831-8388

Session 1: Mindfulness at Work (November 1)

Mindfulness is a hot topic for good reason – it is associated with a wide variety of health benefits from reduced blood pressure to increased happiness. In this session you will learn more about these health benefits, what it means to “be mindful,” and how to incorporate simple and realistic mindfulness practices into your daily life.

Session 2: Striking the Balance (November 8)

We all need work-life balance, but how do you make it happen? In this session you will learn how to *finally* create balance among the important things in your life.

Session 3: Life Purpose and Goal Setting (November 15)

When was the last time you sat down and reflected on where you are with where you want to be in life? In this session you will learn how to identify the things that matter most in your life and how to set goals to actually get there.