Be Well UC Can Come to YOUR Office ANYTIME!

Wellness should be an everyday consideration. Try weaving wellness into a recurring meeting, a group get together or just as a “pop-up” offering with your colleagues. Be Well UC can help, as our credentialed, certified Health Educators can provide programming on a variety of topics.

**Popular class offerings/descriptions:**

- **Finding the Time** – Many of us find ourselves saying “I just don’t have the time” no matter if we’re talking about making healthy meals, getting movement into our day or building relationships with friends, family or co-workers. Learn quick and easy strategies to implement so you can immediately make time for wellness in your everyday work life.

- **Sleep Hygiene/Sleep Health** – Research tells us sleep is important, but so many of us struggle to meet the recommended amounts. We will discuss the implications of not getting adequate sleep and provide real strategies to help create healthy sleep hygiene habits. With better sleep, you’ll come to work energized, refreshed and may notice your mood improves too!

- **Stress Less** – Stress takes its toll on our health, on our mind and on our emotions. Learn more about how to recognize stress and ways to combat it when you feel it starting to impact your day. Not all stress is bad stress, but sustained stress can lead to serious health concerns. A brief, interactive stress reducing activity will also demonstrate how easy it is to Stress Less.

- **Sitting Disease / Defeat the Seat** – “Sitting is the new smoking” is a phrase you may have heard, but we’ll break down why that is using current research studies. We’ll share and practice ways to increase movement (not exercise) throughout the day to increase your blood flow, which can increase productivity, health outcomes and reduce sick time.

- **Work Well for Productivity** – Productivity is a serious buzzword these days, but that’s because there are many distractions that can keep us busy and preoccupied. We will discuss the importance of wellness for productivity and how to engage one another in on-going wellness efforts to sustain healthy lifestyles both in and out of work. It’s time to work better, not more!

- **Transitioning to a Sit to Stand Workstation** – If you’re considering getting a sit to stand workstation, it’s important to know that going from one extreme to the next isn’t going to make you suddenly healthier. Just like a new exercise program, there are best practices for how to set up your station and how to transition and ease into utilizing it to train your body and make the most of it.

- **Breathing/Mindfulness** – Breathing is something we do every day, but mindfully breathing is one of the simplest ways of reducing stress, increasing oxygen to the brain and improving function while also reducing heart rate and blood pressure. We’ll discuss and practice a variety of strategies for mindful breathing while learning the benefits.

- **Going from To Do to Done** – What’s holding you back from completing what’s on that to-do list. We’ll explore some expert opinions of why so many of us struggle with getting things done, and create stress in the process of doing so!

**Have a topic in mind not listed above?**

Email our program and we’d be happy to put something together: wellness@uc.edu.