Dare to Care

Being a Caregiver Affects Us at Work
The Modern Family Index shares that the mental load of parenting causes 52% of employees to feel burnt out, with about 60% of employees bringing their home responsibilities to work (http://bit.ly/2GkOMQt). More than 15% of employees are in a caregiving role for an elderly or disabled family or friend, which can take 15 hours or more per week, causing work-related difficulties, performance issues, or shy away from career advancement opportunities (http://bit.ly/2Idogcn).

Giving Back to Yourself Allows You to Give More To Others
We often forget to “fill our cup” up – as in, focus on our own self care needs. As shared in Forbes, simple steps can be taken to find time for self-care as it helps you to value yourself, manage stress better, maintain a good work-life balance and enjoy life as it comes your way (http://bit.ly/2Gm2Eyc).

Try these quick tips to get started:
• Try to move often throughout the day.
• Meditate or practice deep breathing.
• Choose who you spend time with and energy on.
• Laugh daily – ideally with someone else.
• Increase consumption of fruits and vegetables.
• Take time away – from your desk, from your home, from your city.

Check out ways to “Dare to Care” this quarter:
Grow Gratitude Challenge: May 7-June 4
Earn 40 points for seeking what you are grateful for and appreciating the little things around you. Registration opens on the Alyfe portal April 23.

Live Happy & Be Well Event: Wednesday June 27
This half-day event will include campus tours, meditation, coloring, a book swap, and a variety of sessions to help you live mindfully and have fun with colleagues.

NEW Learn it Live 30-Minute Sessions!
Join us for interactive group sessions led by a certified Health Coach on topics including: Sleep Health, Digital Detox and going from Stressful to Successful.

Details available (and coming soon) on the Be Well UC Events Page: http://bit.ly/BWUCEvents