## Wellness Kit Schedule Outline

### Schedule Outline:
- **Well-being Wednesday (WW)** is a programming initiative hosted by Healthy UC. [https://www.uc.edu/health/healthyuc/events](https://www.uc.edu/health/healthyuc/events). May is related to the mental health month health observance.

<table>
<thead>
<tr>
<th>Release date</th>
<th>Resources/Articles/Handouts</th>
<th>Be Well UC Related Offerings</th>
<th>Related UC Resources, Well-being Wednesdays (WW)</th>
</tr>
</thead>
</table>
| Week of 5/4  | **Article**: Managing Mental Health During COVID  
**Handout 1**: Mindful Breathing Meditation  
**Handout 2**: Getting Active Outside the Gym | Learn It Live: 5 Good Min. (5/6) | EAP webinars and services  
Virtual Mindful Movement & Yoga as You Are  
**WW**: Healthy UC’s Favorites Kick Off, CECH wellness classes |
| Week of 5/11 | - | Can’t Pour from an Empty Cup (5/12) | EAP Webinar: Resilience in Times of Change  
**WW**: Healthy UC’s Favorites, UC Serves, Ask the Experts session, virtual spirit day |
| Week of 5/18 | **Article 1**: Health Problems Related to Stress  
**Article 2**: Cleaning for COVID-19  
**Handout**: Habits for Sleep | Learn It Live Sleep Hygiene (5/19) | **WW**: Healthy UC’s Favorites, Campus Rec’s Online Fitness Programs, UCC Step Challenge |
**WW**: Healthy UC’s Favorites, TFUC resources, EAP webinars |
| Week of 6/1  | **Article 1**: Work from Home  
**Article 2**: Healthy Shopping Guide  
**Handout 1**: 10 Things to Do at Home  
**Handout 2**: COVID-19 Grocery List | Airrosti Health on the Move (6/2) | UCHR Teleworking Tips |
| Week of 6/8  | - | - | EAP Webinar: Dealing with Change From the Inside Out |
| Week of 6/15 | **Article**: Mini Home Gym  
**Handout 1**: Working Out at Home  
**Handout 2**: ABC Workout for Wellness | Learn It Live: Nutr. On the Go (6/15)  
Airrosti Health on the Move (6/17) | Campus Rec’s Online Fitness Programs |
| Week of 6/29 | **Article**: Handwashing Tips  
**Handout**: Lifestyle Choices to Strengthen Immune System | - | UC Public Health Page  
CDC |
| Week of 7/6  | - | - | EAP Webinar: The Power of Positive Self-Talk |

May-June 2020