Invite Be Well UC 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** – Learn quick and easy strategies to implement so you can immediately make time for wellness in your everyday work life, home life, and find our best life.
- **Healthy Zzz’s** – Research tells us sleep is important, but so many of us struggle to meet the recommended amounts. Understand real strategies to help create healthy sleep hygiene habits.
- **Can’t Pour from an Empty Cup** – 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, including a brief, interactive stress reducing activity will also demonstrate how easy it is to Stress Less.
- **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 for the Brain** – We’ll discuss and practice a variety of strategies for mindful breathing while learning the benefits, including better health and reduced stress.
- **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 make our own plan.
- **Minute to Win It & 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.
- **Power of Habit** – Working from Charles Duhigg’s book, we’ll learn how to identify habits that help us and hold us back, creating a strategy for success along the way.
- **Tips & Tricks to Take On Winter** – Welcome hibernation months! Learn how to work against our bodies natural inclinations to slow down, gain weight, or change our mood.
- **Growing Gratitude** – While we all learned it’s important to say “thank you” regularly, we often forget to stop and think about what makes their day better, and who in their lives they can lean on. We’ll walk through the practice of noting, logging and recognizing the things we are grateful for in this session.
- **Grown Up Recess** – through laughter, movement and problem solving, we can take our brains away from our work and build community with those we see daily. This is an interactive session.

Have a topic in mind not listed above? We’d be happy to put something together: wellness@uc.edu.