Disconnect to Reconnect

We are so connected now that it is hard to turn off and enjoy down time. From notifications coming from our phones to our watches, emails showing up all hours of the day, and remote work making it possible to literally be anywhere, it’s important to make time for down time and time to reconnect with those we work with, care about and learn from. Without this scheduled, purposeful time, it’s easy to start to feel like a hamster on a wheel. This quarter, practice a little TLC with self-care tips and other resources from Be Well UC.

Reclaim Your TIME

86% of people in the US report that they constantly or often check their phones. Most US smartphone users check their phone at least hourly. The term “nomophobia” has been developed to describe those who feel panic, anxious or desperate when they don’t have access to their phone.

- Try to not use social media during meals.
- Track time spent on your phone with apps like Mute.
- Reduce pop-ups to minimize distractions.


Encourage others to join you

Incorporate healthy habits into the day to Work Well with colleagues:

- Walk to a colleague’s desk to chat vs. sending another email.
- Leave the phone at your desk when you go to a meeting or at least turn off notifications.
- Create community by finding a service project or incorporating a Take 5 station in your office!

Connect with us this quarter:

**22nd Annual Benefits & Wellness Fair – Tuesday, November 6 at TUC**
Just us at Tangeman University Center on Main Campus to learn about the many benefits and perks you have as an employee and to complete health screenings! [http://bit.ly/2018UCBenefitsFair](http://bit.ly/2018UCBenefitsFair).

**Host a session**

Not finding a session that fits your interest or your schedule? Be Well UC can come to you! Host the team for a Learn it Live or Work Well topic including Memory Boost, Power of Habit, and Breathing for the Brain. Whether your team has 5 minutes or a full 60 minute session, email wellness@uc.edu to schedule today!