Spread the Wellness Wealth Challenge

It’s never too late to work on your wellness. Kick off the year by investing in yourself and others around UC!

Being connected and in community is not only good for the soul, but it also can boost our well-being. Social connectedness has been proven to improve the immune system, build self-esteem, and even significantly increase the longevity of life (Psychology Today)!

Let’s get back to the basics. Remember Maslow’s hierarchy of needs? Belonging into networks of other humans is one of the foundational levels that helps us be our best selves (Very Well Mind).

Get Started!

Mark off the activities below to fill up your own cup and encourage others to do the same. These will help you work on your own wellness by engaging with UC’s employee wellness program, and learning about the benefits UC has to offer! Use the listed activities (and even jot down your own ideas) and referenced websites below.

References & Resources:

- UC Benefits: www.uc.edu/hr/benefits

Earn 10 Points for This Challenge

Submit this tracking form to wellness@uc.edu. All points are added to your portal for you the first week of the following month.

Enjoy Wellness & Connecting with Others?


Questions?

Please contact wellness@uc.edu