UC Riverside Wellness Program for Faculty and Staff Supervisory Development Course

Wellness Program Session Worksheet

UCR Wellness Model 7 Dimensions of Wellness

Are you engaged in Wellness?

☐ Emotional  ☐ Occupational  ☐ Social
☐ Environmental  ☐ Physical  ☐ Spiritual
☐ Intellectual

Wellness Goals

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________

As an individual with influence you are in a position to positively support and impact the creation, promotion, and sustainability of a healthy campus culture.

- Be a ROLE MODEL for Wellness
- Encourage YOUR staff/departments to embrace Wellness

Assess your office environment

☐ Do you take walking or stretch breaks throughout the day?
☐ Do you hold walk and talk meetings?
☐ Do you encourage and support staff to be more active: walk during morning or afternoon breaks, take the stairs throughout the day, and get up from workstations to stretch and move around.
☐ Do you keep fruits, vegetables and healthy snacks around the office?
☐ Do you pack a healthy lunch?
☐ Do you include healthy food and beverage options at meetings, catered events and potlucks?
☐ Do you support flex time for physical activity or participating in a health improvement activity?
☐ Do you orient staff to campus Wellness resources?
☐ Do you support and promote staff attendance at Wellness workshops and programs?
What Can YOU do to Support Wellness?

How can YOU make your department/unit environment more supportive of a healthy lifestyle? List 5 things you can do in your unit to promote and encourage healthy behaviors and create a culture of Wellness.

1. 

2. 

3. 

4. 

5.