



Keeping My Head Above  
Water: Strategies to Enhance  
Physical, Emotional, and  
Relational Wellbeing in this  
Virtual Era

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**WILDCATS THRIVE INITIATIVE**

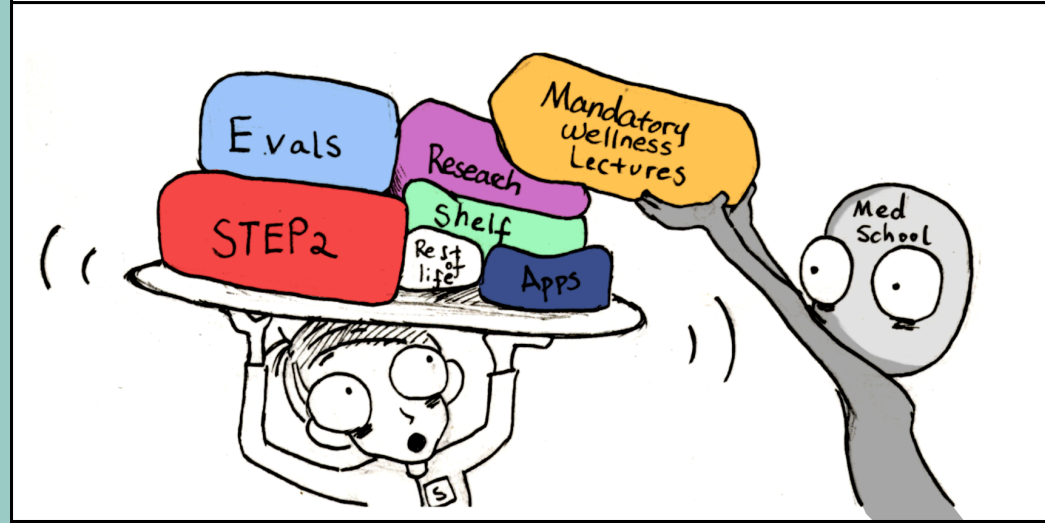
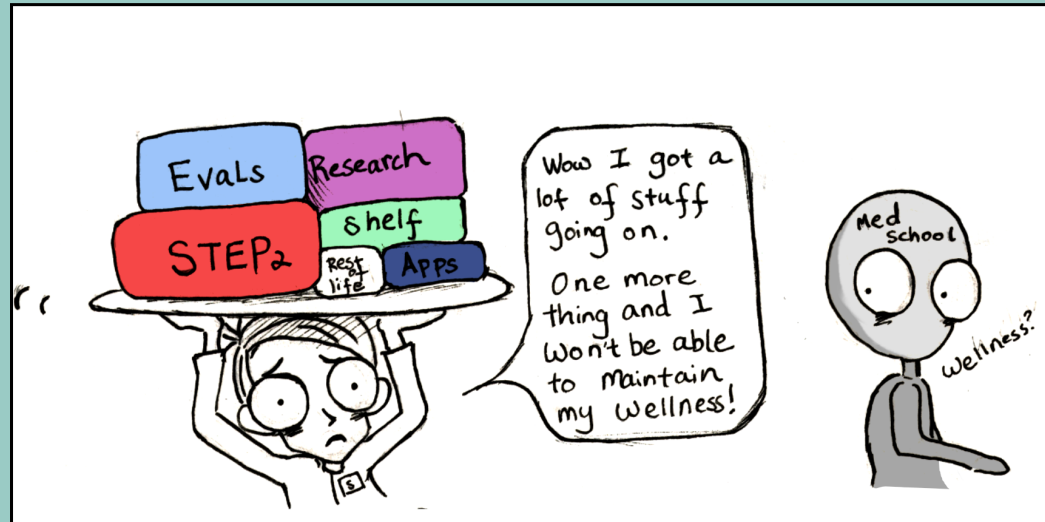
# OUR WELLBEING

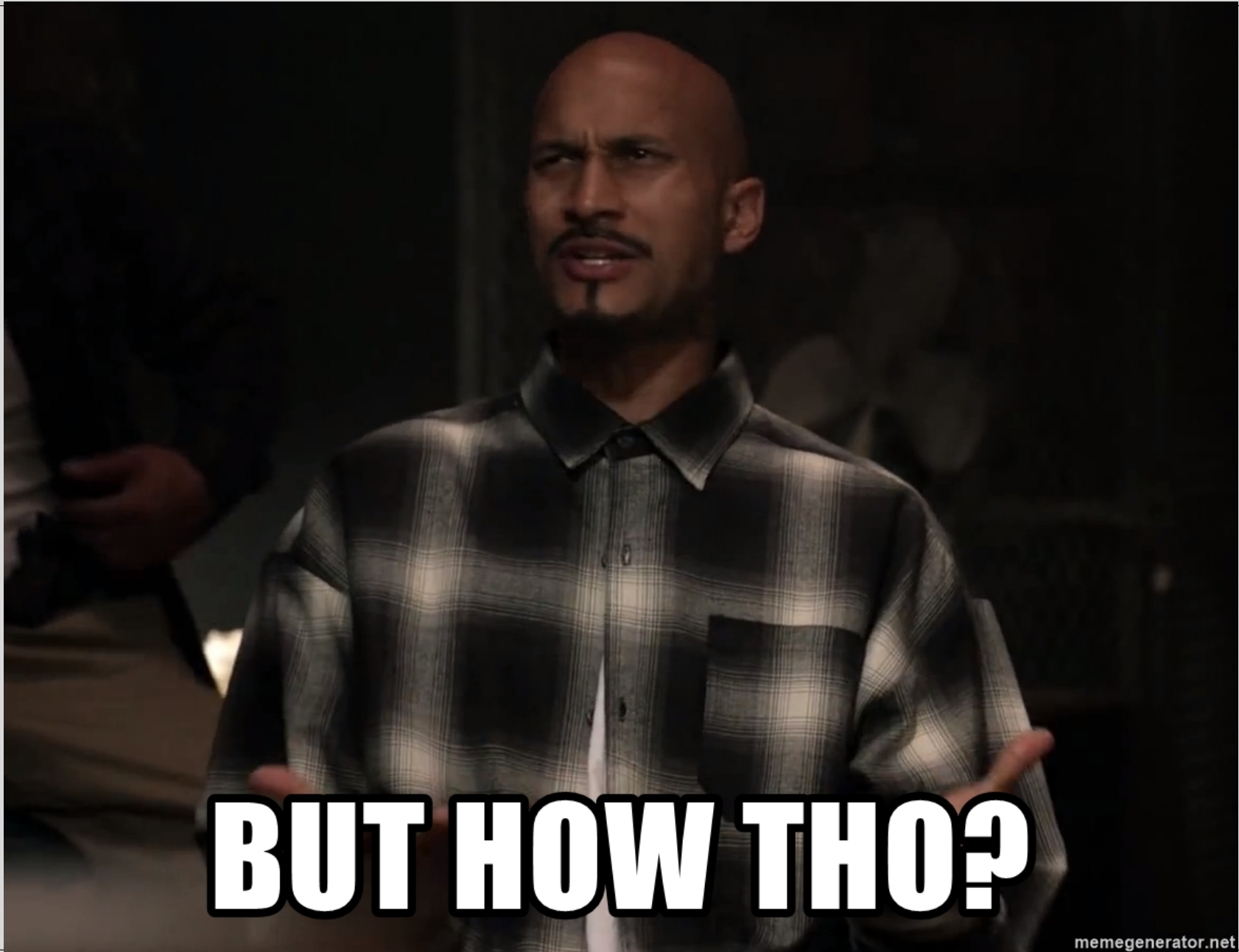


# Emotional & Relational Wellbeing

Our ability to tune into emotions including coping with stress, regulating emotional challenges, recognizing personal resiliency, and all other aspects of emotional wellbeing.

Our ability to create and maintain personal and professional meaningful connections at the individual, group, and community level.





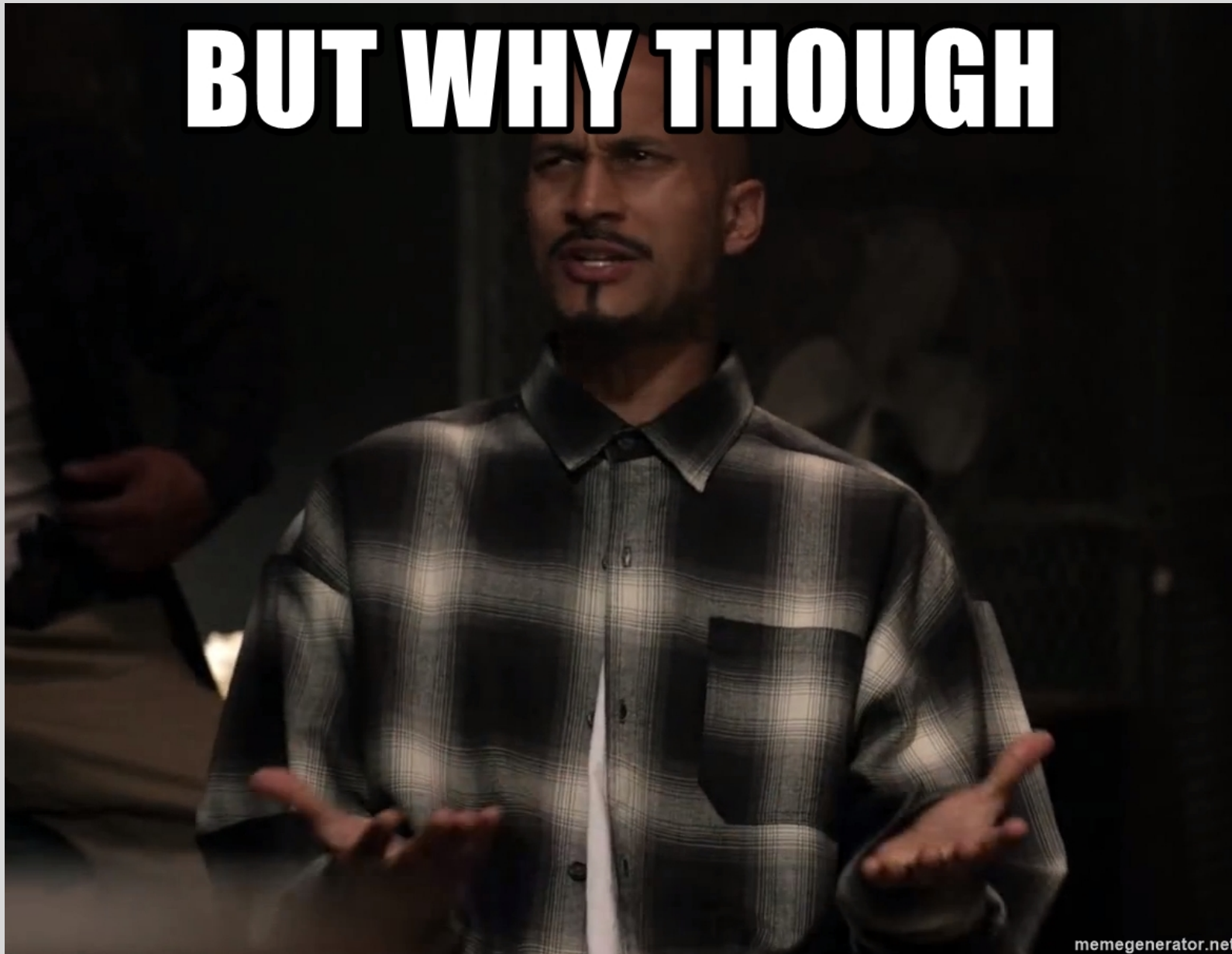
# How: Emotional & Relational Wellbeing

- What is one thing you are grateful for today?
- What is one word for how you are feeling right now?

Check in with your students and/or staff:

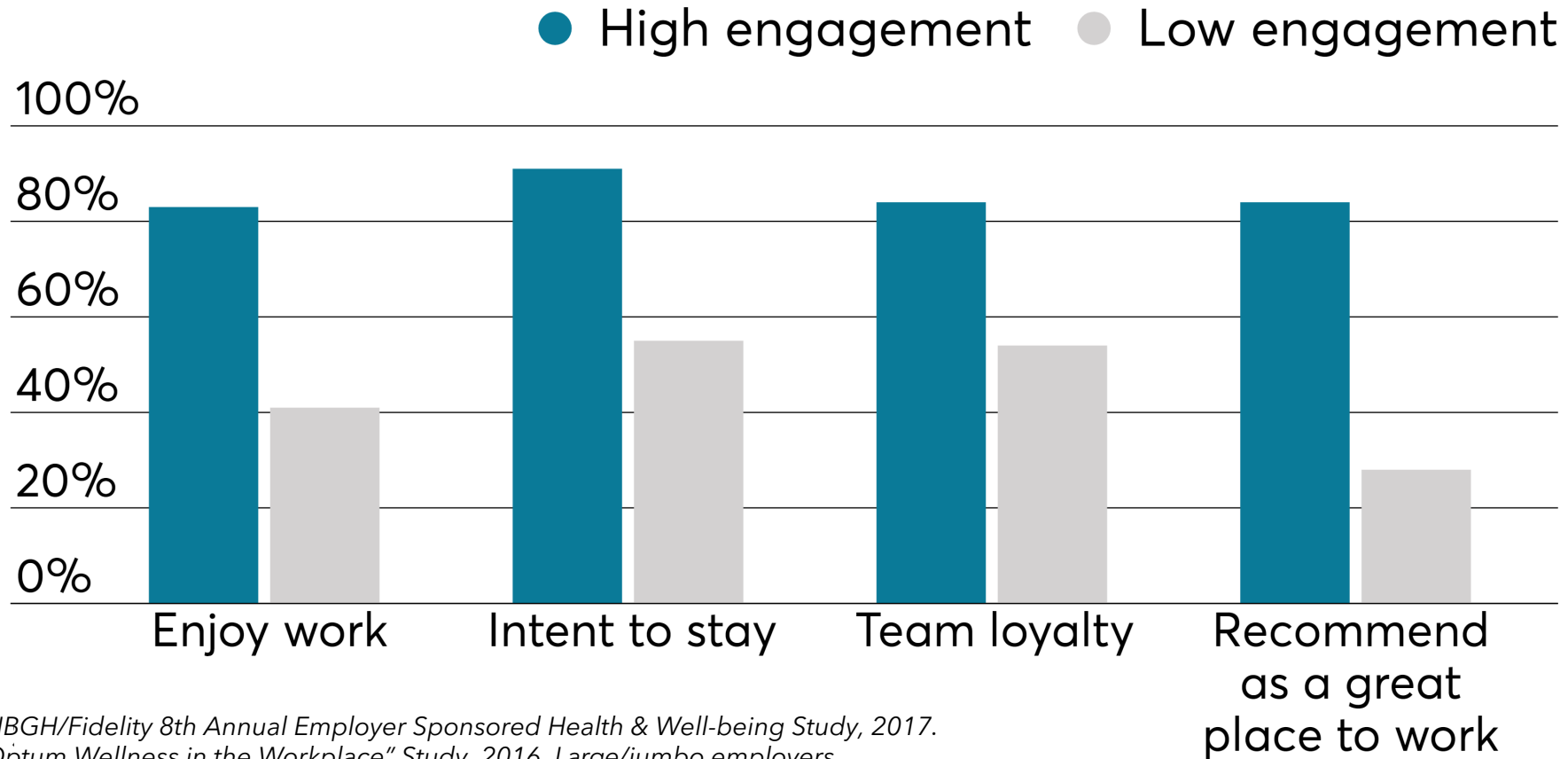
- Highs and lows
- Rose, bud, thorn
- Basements and balconies
- Question of the Day

**BUT WHY THOUGH**





# How wellness engagement impacts workers



1. NBGH/Fidelity 8th Annual Employer Sponsored Health & Well-being Study, 2017.  
2. Optum Wellness in the Workplace Study, 2016. Large/jumbo employers.

The benefits of  
**SOCIAL  
CONNECTIONS**

**78%** of people who work 30–50 hours per week, spend more time with their coworkers than family.



**74%**

of employees surveyed who hadn't celebrated accomplishments with their coworkers said they were more likely to leave a job.

Emotional milestone experiences at work make people **81%** happier, and

**77%** more valued.

Source: Entrepreneur.com

“Students **best learn** when  
they  
feel **supported** by the  
[people] around them.”

--Jacob Ham

# Physical Wellbeing

Our ability to act on intentional aspects of our bodies to enhance our health, including nutrition, movement, sleep, and sexual health.

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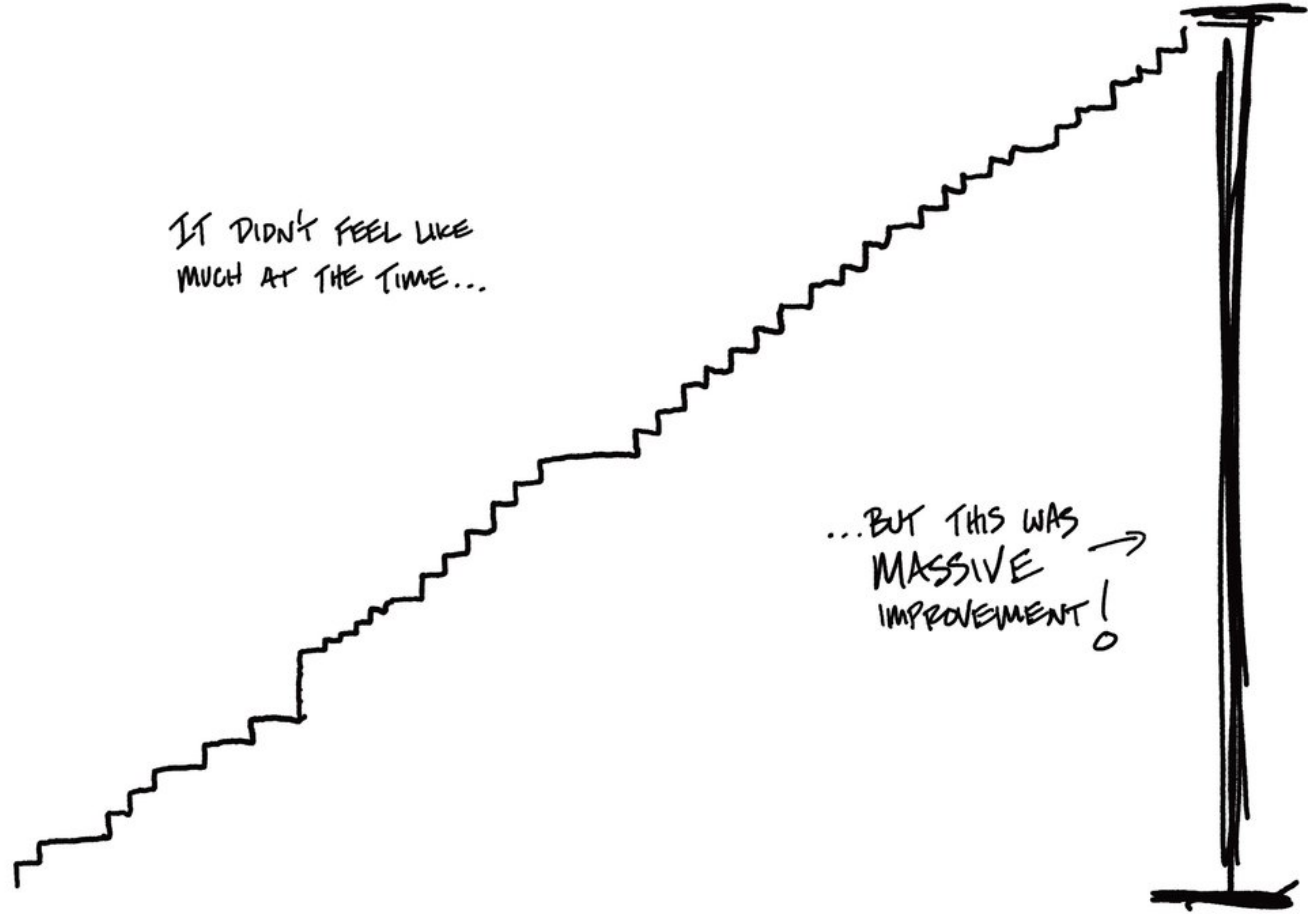






IT DIDN'T FEEL LIKE  
MUCH AT THE TIME...

...BUT THIS WAS  
MASSIVE  
IMPROVEMENT! →  
o



BEHAVIOR | GAP

# References

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