15 for You: Invest in your wellness every morning

To::
All University Employees
Names and titles:
Life and Work Connections

Date::
March 31, 2020

We are all adjusting our lives in the face of unprecedented times. We are juggling new responsibilities, and we are being asked to be flexible as this unknown situation evolves.

Please know that you are not alone. As University of Arizona employees, we face these challenges together. Let's rise together.

Life & Work Connections strongly encourages you to find ways to practice self-care daily. It is essential to our well-being as individuals and as a community and very easy to overlook.

To help support you, the Life & Work Connections team has designed a series of ongoing, 15-minute Zoom meetups each morning focused on employee wellness.

These short segments are intentionally structured to encourage a daily routine and offer practical tools and skills as we face these difficult times.

Give yourself permission to take a mid-morning break and join us each day at 10:00 a.m. Check out our 15 for You events  -- and take a moment to add that Zoom link to your calendars. You can also subscribe to event updates and reminders.

**Mondays 10:00-10:15 a.m.**
Mindful Mondays
**Bob Cunningham, MS, LPC**
Employee Assistance Counselor

Develop a meditation practice to help you find peace throughout the week.

**Tuesdays 10:00-10:15 a.m.**
Boundaries and Bridges
**Tanya Lauer, MC, LPC**
Employee Assistance Counselor

Discover ways to redefine your boundaries and make connections in a time of disruption.

**Wednesdays 10:00-10:20 a.m.**
Explore This ...
**Chad Myler, MS, CHES**

[1] [15 for You events](https://uaatwork.arizona.edu)
[2] [subscribe to event updates and reminders](https://uaatwork.arizona.edu)
[3] [Bob Cunningham, MS, LPC](https://uaatwork.arizona.edu)
[4] [Tanya Lauer, MC, LPC](https://uaatwork.arizona.edu)
[5] [Chad Myler, MS, CHES](https://uaatwork.arizona.edu)
Health Promotion Manager

Get health and wellness advice from experts around the University.

**Thursdays 10:00-10:15 a.m.**
Pause and Pivot
**James Naughton, MA, LPC, LISAC [6]**
Employee Assistance Counselor

Learn how to listen to your body, navigate through stress, and capture a feeling of calm.

**Fridays 10:00-10:15 a.m.**
Family Fridays
**Lourdes A. Rodríguez, MS [7]**
Senior Coordinator, Childcare and Family Resources
**Eileen Lawless, MSW [8]**
Dependent Care Advisor

Explore practical tools and tips for dependent care issues in the time of physical distancing.

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**Source URL:** https://uaatwork.arizona.edu/node/45464

**Links**
[1] https://lifework.arizona.edu/events-and-workshops
[2] https://arizona.us9.list-manage.com/subscribe?u=0aeb616343625dbd0d696bf1f&amp;id=de6ad6ff97
[3] https://lifework.arizona.edu/person/bob-cunningham-ms-lpc
[5] https://lifework.arizona.edu/person/chad-myler-ms-ches
[7] https://lifework.arizona.edu/person/lourdes-rodr%C3%ADguez-ms
[8] https://lifework.arizona.edu/person/eileen-lawless-msw