Life & Work Connections Video Series Promotes Workforce Wellness

Life & Work Connections
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Life & Work Connections has launched "WellBeing in Action [1]," a video series designed to inspire optimum health within the campus community.

Each video will feature a UA employee sharing their own wellness activities. The subject of the premiere video is head football coach Rich Rodriguez.

"Having an active lifestyle, where you get some exercise, is going to benefit not just you, but the people around you," Rodriguez said.

Featured employees model wellness through a variety of social, emotional and physical activities. Some examples include hiking, singing, helping others, working out and spending time with loved ones.

"'WellBeing in Action' is about real people, in real time, with real solutions," said Darci Thompson, director of organizational health and employee wellbeing with Life & Work Connections [2], a unit within the Division of Human Resources [3].

Life & Work Connections provides integrated support through services such as Employee Wellness and Health Promotion [4], Employee Assistance Services [5], Work/Life Integration [6], Childcare and Family Resources [7], Elder Care and Life Cycle Resources [8].

"Our team strives to be research informed and to honor the amazing colleagues that we have the privilege to work with," Thompson said. "What we do in self-care impacts the kind of employee we are, and it affects the kind of partner, friend and community member we are. By practicing self-care, we can leverage our best selves, which promotes a culture of health."

In an upcoming episode, President Robert C. Robbins [9] discusses running on the UA Mall.

"I'm very much looking forward to taking advantage of all the wonderful facilities that we have, not the least of which is the Mall," Robbins said. "The longer you can be active, not only physically but mentally, you'll have a more productive, fun and meaningful life. Just 20 to 30 minutes a day can benefit your cardiovascular health and well-being for a long time."

Along with modeling personal health and well-being, the videos address the challenges many employees face, including stress management and self-care.

"We all feel stressed at times," Rodriguez said. "I work out every day because it makes me feel better, which in turn makes me better at my job."
Thompson hopes that this series will lead to more discussions on workforce wellness.

"We want to support employees ? whatever age, ability and life cycle they are in," Thompson said. "We want them to work well and to live well."

To access the videos, visit the Life & Work Connections website [10].

_How do you inspire well-being? Share your story by contacting Life & Work Connections here [11]._

Source URL: https://uaatwork.arizona.edu/lqp/life-work-connections-video-series-promotes-workforce-wellness

Links:
[2] https://lifework.arizona.edu/
[4] https://lifework.arizona.edu/wsw
[5] https://lifework.arizona.edu/ea
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