

PROGRAMS AND RESOURCES FOR EMPLOYEES

RETURNING BACK TO CAMPUS TO MAKE THE BEST OF EVERY MOMENT.

The fall semester is here and with it brings a new start, a hopeful future and new experiences. Be sure to practice self-compassion and self-care. Recognize your adaptability and resiliency as you work, take care of your home life, and your own well-being. Hokie Wellness remains committed to supporting you and helping you sustain your well-being. See below for programs we will offer this fall. The symbol next to each program designates the dimension of well-being associated with the programs.

Program descriptions and registration will be promoted in the VT Daily News campus notices and in the Hokie Wellness monthly email. To receive the monthly email, simply contact Hokie Wellness at hokiewellness@vt.edu and ask to be added to the google group.

Mental/Emotional Physical Social Community Financial Purpose

SEPTEMBER

Healthy Nutrition for Busy

Schedules

Thu 9/1, 1 p.m. - 2 p.m.

Introduction to Himalayan Kriya

Yoga

Tue 9/6, 7 a.m. - 8 a.m.

Grow to Go: Take a Plant Home

Wed 9/7, 12 p.m. - 1 p.m.

Work/Life Boundaries

Tue 9/13, 12:30 p.m. - 1:30 p.m.

Appalachian Trail Virtual Trek Across

VA Kick-Off

Thu 9/15, 9:30 a.m. - 10:30 a.m.

Debt Management

Tue 9/20, 12 p.m. - 1 p.m.

EAP/LiveHealth Online

Wed 9/21, 2 p.m. - 3 p.m.

Stress Reduction Tips

Thu 9/22, 12 p.m. - 1 p.m.

Tour of Hahn Garden

Tue 9/27, 12:15 p.m. - 1 p.m.

Recovery Ally Training

Tue 9/27, 1 p.m. - 4 p.m.

Koru Basic Mindfulness

Thu 9/29, 8:30 a.m. - 9:30 a.m.

Self-Care Strategies

Thu 9/29, 12:30 p.m. - 1:30 p.m.

OCTOBER

Planning for Baby-Staff

Tue 10/4, 12 p.m. - 12:30 p.m.

Glade Road Growing Tour

Wed 10/5, 5:45 p.m.

Koru Basic

Thu 10/6, 8:30 a.m. - 9:30 a.m.

Sleep Better Techniques

Tue 10/11, 12:30 p.m. - 1:30 p.m.

Koru Basic

Thu 10/13, 8:30 a.m. - 9:30 a.m.

Getting Your Dose of Vitamin G: How Gratitude Improves

Well-Being

Tue 10/18, 12:30 p.m. - 1:30 p.m.

Planning for Baby-Faculty

Wed 10/19, 12 p.m. - 12:30 p.m.

Koru Basic

Thu 10/20, 8:30 a.m. - 9:30 a.m.

Mindful Journaling

Thu 10/20, 12:15 p.m. - 1 p.m.

Recovery Ally Training

Fri 10/21, 10:30 a.m. - 1:30 p.m.

QPR: Suicide Prevention

Thu 10/27, 12 p.m. - 1 p.m.

NOVEMBER

Self-Care Strategies

Tue 11/1, 12:30 p.m. - 1:30 p.m.

Optional Retirement Plan Planning

Session

Wed 11/2, 9 a.m. - 11 a.m.

Unwinding Anxiety

Thu 11/3, 12 p.m. - 12:30 p.m.

VA Retirement Planning Session

Thu 11/3, 1:30 p.m. - 3:30 p.m.

Budgeting for the Holidays

Wed 11/9, 12 p.m. - 1 p.m.

Healthy Nutrition on a Budget

Thu 11/10, 12 p.m. - 1 p.m.

VA Retirement Planning Session

Thu 11/10, 9:30 a.m. - 11:30 a.m.

Immune Support 101

Thu 11/17, 12 p.m. - 1 p.m.

Recovery Ally Training

Fri 11/18, 11 a.m. - 2 p.m.

Nutrition for Aging

Tue 11/29, 12:30 p.m. - 1:30 p.m.

Six Dimensions of Well-Being

Wed 11/30, 3 p.m. - 4 p.m.

DECEMBER

Take a Break: Make a Holiday

Craft

Tue 12/6, 12:30 p.m. - 1:30 p.m.

Healthy Eating for the

Holidays

Wed 12/7, 12:30 p.m. - 1:30 p.m.

Digital Detox

Thu 12/8, 12:30 p.m. - 1:30 p.m.

Recovery Ally Training

Fri 12/9, 10 a.m. - 1 p.m.

EAP/LiveHealth Online

Tue 12/13, 12:30 p.m. - 1 p.m.

QPR: Suicide Prevention

Wed 12/14, 1 p.m. - 2 p.m.

Mindful Journaling

Thu 12/20, 11:30 a.m. - 12:30 p.m.

RESOURCES

Hokie Wellness on Demand

<https://hokiewellness.vt.edu/hokie-wellness-at-home.html>

Student Distress Guide

<https://hokiewellness.vt.edu/distressguide>

Work/Life Resources

<https://hokiewellness.vt.edu/Employees/work-life.html>

Employee Assistance Program

<https://www.hrvt.edu/benefits/discounts/health-wellness/eap>

Virginia Tech Well-Being

<https://well-being.vt.edu/>