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.

FALL 2022
PROGRAMS AND RESOURCES
FOR EMPLOYEES

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 Thu 9/27, 12:15 p.m. - 1 p.m.
Recovery Ally Training Tue 9/27, 12 p.m. - 1 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.

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.vt.edu/employee-assistance-program
Virginia Tech Well-Being
https://well-being.vt.edu/