

PROGRAMS AND RESOURCES FOR EMPLOYEES

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

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 program.

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

Resiliency in the Workplace: Self-Care

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

Gratitude Outreach

Wed 9/8 and Wed 9/22, 7:30 a.m. - 9 a.m.

Mental Health First Aid

Wed 9/8, 8 a.m. - 4 p.m.

Walking Wednesday Kickoff

Wed 9/8, 12 p.m. - 1 p.m. (Outside War Memorial Hall)

Koru Basic

9/9 | 9/16 | 9/23 | 9/30 from 8 a.m. - 9 a.m. (Virtual)

Healthy Nutrition on a Budget

Tue 9/14, 12 p.m. - 1 p.m.

QPR Suicide Prevention

Wed 9/15, 1 p.m. - 2 p.m.

Buying a Home in a Seller's Market

Thu 9/16, 12 p.m. - 1 p.m.

Stress Reduction Tips

Thu 9/16, 12 p.m. - 12:45 p.m.

Mental Health First Aid

Mon 9/20, 8 a.m. - 4 p.m.

Painting with Robin Scully

Tue 9/21, 12 p.m. - 1 p.m.

Tour of Homefield Farm

Thu 9/23, 6 p.m. - 6:45 p.m.

OCTOBER

Planning for Baby - Staff

Tue 10/5, 12 p.m. - 1 p.m.

Mindful Journaling

Wed 10/6, 12:10 p.m. - 12:55 p.m.

Stress Reduction Tips

Thu 10/7, 12 p.m. - 12:45 p.m.

Improv Games Workshop

Thu 10/7, 4 p.m. - 5 p.m.

Banish Burnout

Tue 10/12, 12 p.m. - 1 p.m.

Mental Health First Aid

Wed 10/13, 8 a.m. - 4 p.m.

Student Loans and Debt

Wed 10/13, 12 p.m. - 1 p.m.

Tour of Southgate Center

Thu 10/14, 10 a.m.

Healthy Nutrition for Aging

Mon 10/18, 12 p.m. - 1 p.m.

Mental Health First Aid

Thu 10/21, 8 a.m. - 4 p.m.

Resiliency in the Workplace: Press Pause

Thu 10/21, 12 p.m. - 1 p.m.

Unwinding Anxiety

Tue 10/26, 12 p.m. - 12:30 p.m.

QPR Suicide Prevention

Wed 10/27, 11 a.m. - 12 p.m.

Koru Basic

Thu 10/28, 8 a.m. - 9 a.m. (Virtual)

Planning for Baby - Faculty

Thu 10/28, 12 p.m. - 1 p.m.

NOVEMBER

Koru Basic

11/4 | 11/11 | 11/18 from 8 a.m. - 9 a.m. (Virtual)

Budgeting and Saving for Beginners

11/4 from 12 p.m. - 1 p.m.

Stress Reduction Tips

Tue 11/9, 11:30 a.m. - 12:15 p.m.

Healthy Nutrition on a Budget

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

Resiliency in the Workplace: Key to

Connection

Thu 11/11, 2 p.m. - 3 p.m.

Mindful Journaling

Tue 11/16, 12:10 p.m. - 12:55 p.m.

Mental Health First Aid

Wed 11/17, 8 a.m. - 4 p.m.

Unwinding Anxiety

Wed 11/17 12:30 p.m. - 1 p.m.

Mindful Eating

Thu 11/18, 12 p.m. - 12:45 p.m.

Mental Health First Aid

Tue 11/30, 8 a.m. - 4 p.m.

DECEMBER

Athletic Complex Tour

Wed 12/1, 10 a.m. - 11 a.m.

Healthy Nutrition for Aging

Thu 12/2, 12 p.m. - 1 p.m.

Resiliency in the Workplace: Key to

Connection

Tue 12/7, 12 p.m. - 1 p.m.

Last Day for Walking Wednesday

Wed 12/8 11:30 a.m. - 1p.m.

Selling a Home in this Market

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

Mental Health First Aid

Mon 12/13, 8 a.m. - 4 p.m.

Managing Holiday Stress

Thu 12/16, 12 p.m. - 1p.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/>