



MONTHLY HIGHLIGHTS

Your Employee Well-Being Resource



Wellness Begins with Feeling Safe



What does *feeling safe* mean to you – physically, emotionally, financially, and purposefully? This August, we're spotlighting **Safety Awareness Month**, exploring how feeling safe is essential for your overall well-being. From movement to mindfulness, financial peace to purpose-driven work, scroll down for tips, resources, and updates.

Resources for Emotional Safety



Lyra Health: Emotional Support for You and Your Family

Emotional support is an important part of feeling safe. If current events feel overwhelming, Lyra offers tools to help you and your family restore a sense of calm and control, including articles, meditations, and up to 8 free counseling sessions.

- **Read:** [Mental health During Political Unrest](#)

- **Read:** [Dealing with Violence in the News](#)
- **Read:** [Experiencing Identity-Based Stress](#)
- **Explore:** [Lyra resources](#)

TimelyCare EAP | Available to Part-Time Faculty & Staff

Get 24/7 access to virtual care, self-care tools, and well-being resources:

- **TalkNow:** On-demand emotional support, health literacy guidance, and crisis management.
Scheduled Counseling: Up to 8 free virtual appointments with licensed counselors per year.
Self-Care Content: Yoga, meditation, and self-guided tools to support emotional wellness.
- **Accessible:** Available on the Timely Care mobile app or timelycare.com/nationaluniversity

Featured Webinars



Yoga Nidra with Leslie Harrington

Take a midday break for a mental reset and join our Yoga Nidra workshop that guides you into deep relaxation and mindful rest.

- August 7 and 14 | 12:00pm PST
- [Register here](#)



Managing Nervous Energy and Stress Eating

Explore how managing nervous energy and stress eating can create a greater sense of internal safety and emotional balance.

- August 12 | 1:00pm PST
- [Register here](#)



American Heart Walk | Walk with Us in San Diego or Anywhere

Join us at Balboa Park in San Diego or in your neighborhood to show support for heart health, honor survivors, and remember loved ones affected by heart disease and stroke.

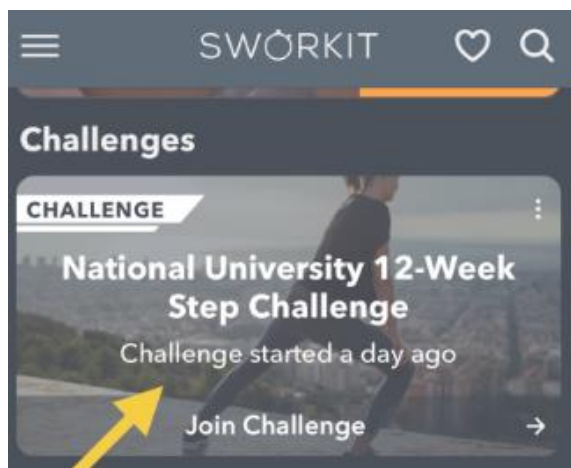
- Saturday, 9/20/2025 | 6:30am PST
- [Register here](#)

View the full list of wellness webinars on the [Wellness Loop's Event Page](#).

[Register Now!](#)

Wellness Challenge:

Step Challenge - Spring into Action



Step Challenge Ends August 8

We're in the final stretch of our 12-week Step Challenge! Log into the **Sworkit app** regularly to ensure your steps are synced and counted. Stay connected through weekly reflection prompts on Viva Engage and earn Motivosity points throughout the 12-week challenge! [Learn more about the challenge>>](#)

Sworkit Health & Fitness



What is Sworkit?

Stress shows up physically first. Take a short movement break with **Sworkit**, a health and fitness app that offers workouts and routines for every level and schedule. [Register for Sworkit app>>](#)

Need Help Getting Started?

Join the Sworkit 101 Live Q&A Session on August 26 at 9:00am PST. [Register for webinar here>>](#)

New Fitness Collection – Family Fun

SworKit's kid-led and family friendly routines make exercise enjoyable for all ages, making it perfect for quick bursts of movement or full family workouts.

Learn More About
SworKit Features

Well-Being Tips: 4 Pillars in Action



PHYSICAL WELL-BEING



Physical Well-Being:

Tip: Use AI-powered wellness tools (e.g., Oura Ring, Fitbit, Apple Watch) to monitor your health and increase daily movement.

📌 **Source:** [NIH](#)

Emotional Well-Being:

Tip: Take a mid-day break to de-stress and join our Desk Yoga session on August 21 & 28 at 12:00pm PST.

📌 **Register:** [Stress Busting Yoga at Your Desk](#)

EMOTIONAL WELL-BEING



Financial Well-Being:

Tip: Improve your financial literacy with TIAA. Register for TIAA's webinar – Your guide to living well in retirement

📌 **Register:** [TIAA webinar](#)

FINANCIAL WELL-BEING



Purpose Well-Being:

Tip: A safe and meaningful work life starts with connection. Join our weekly wellness prompts on Viva Engage to share, reflect, and build community with colleagues.

📌 **Resource:** [Join the conversation on Viva Engage](#)



We want to hear from you!

Please take just a few minutes to complete our Wellness Survey Your feedback helps ensure that our wellness resources align with your needs and support your wellness journey.

[Take Survey](#)

Customized Wellness Events

Did you know we can organize a customized wellness event or challenge for your team? Options include meditation, yoga, chair yoga, Pilates, and Zumba. If you're interested in setting up a wellness activity for your team or meetings, click on the button below.

[Set up Wellness Activity](#)

Stay in the Loop

- [The Wellness Loop SharePoint](#): Your central hub for wellness tools and resources
- [Viva Engage](#): Join discussions, challenges, and get inspired
- **Contact Us:** thewellnessloop@nu.edu.



**HUMAN
RESOURCES**

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9388 Lightwave Ave, San Diego, CA 92123
The Wellness Loop: thewellnessloop@nu.edu