



MONTHLY HIGHLIGHTS

Your Employee Well-Being Resource



Ways to Promote Brain Health



June is Brain Awareness Month

This month we're focusing on tools and habits that support your mental fitness, reduce stress, and help you stay sharp.

The Wellness Loop provides a wealth of wellness opportunities each month. Below are featured upcoming webinars that help you build practical strategies to support your brain health. [Visit The Wellness Loop SharePoint to register!](#)



Guided Meditation with Leslie

Thursday, June 12, 12:00pm PST



Wellness with Dr. Rice

Tuesday, June 10, 1:00pm PST



Zumba

Wednesday, June 25, 11:30am PST

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

[Register Now!](#)

Seasons of Wellness: *Spring into Action - Step Challenge*



It's not too late to join our 12-week Step into Well-being Challenge, from May 12 to August 8! Track your steps using Sworkit while reflecting on the connection between movement and mental well-being through weekly engagement prompts on Viva Engage. Motivosity points will be awarded throughout the 12-week challenge, so lace up and join us in stepping toward better health one step at a time!

[Learn more about the challenge>>](#)

Sworkit Health & Fitness



What is Sworkit?

Sworkit is an app that provides fitness and well-being solutions for you with options tailored to fit everyone's needs. [Register Here for Sworkit App>>](#)

Need Help Getting Started?

Join the Sworkit 101 Live Q&A Session on June 24 at 9:00am PST. [Register here>>](#)

[Learn More About
Sworkit Features](#)

Well-Being Tips: 4 Pillars in Action





PHYSICAL WELL-BEING

Physical Well-Being:

Tip: Stress shows up in your body before your brain even notices. Take a 5-minute break and try one of Sworkit's movement sessions.

📌 **Resource:** [Sworkit Collections](#)

Emotional Well-Being:

Tip: Labeling your emotions reduces their intensity. Naming what you're feeling (e.g., 'I feel frustrated') activates the prefrontal cortex and helps calm the emotional centers of the brain.

📌 **Resource:** [Watch Dr. Susan David's TED Talk](#)



EMOTIONAL WELL-BEING



FINANCIAL WELL-BEING

Financial Well-Being:

Tip: Improve your financial literacy with TIAA. To help you take control of your finances, TIAA offers free financial wellness webinars.

📌 **Resource:** [Register for TIAA webinars](#)

Purpose Well-Being:

Tip: Giving gratitude strengthens your sense of meaning at work, boosts team morale, and fosters a culture of belonging.

📌 **Resource:** [Thank your colleague on Motivosity](#)



PURPOSE WELL-BEING

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, Zumba, art sessions, and Sworkit challenges.

- **For Leaders:** If you're interested in setting up a wellness activity for your team or meetings, reach out to The Wellness Loop.

[Set up Wellness Activity](#)

We want to hear from you!

We encourage you to share your thoughts, suggestions, and ideas for future wellness resources by completing our survey using the link below. Your well-being matters to us, and your feedback will help us ensure that our wellness tools and resources align with your needs and support your wellness journey.

[Take Survey](#)

Stay connected and Prioritize your Well-Being

- [The Wellness Loop SharePoint](#): Wellness central hub and resources
- [Viva Engage](#): Connect with us through community discussions, challenges, and well-being inspiration!
- **Have questions?** Reach out to us at thewellnessloop@nu.edu.



**HUMAN
RESOURCES**

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