



MONTHLY HIGHLIGHTS

Your Employee Well-Being Resource



May is Mental Health Awareness Month



May is Mental Health Awareness Month, a reminder that taking care of our mental and emotional well-being is vital in nourishing the **Whole You** – mind, body, and spirit.

The Wellness Loop provides a wealth of wellness opportunities each month. Below are upcoming **expert-led webinars** that help you build practical strategies to support your mental well-being.



[Mindfulness with Dr. Zvi Bellin | Weekly Series](#)

Wednesdays at 8:30am PST



[Stress-Busting Yoga at Your Desk with Leslie](#)

Thursdays in May (5/8, 5/15, 5/22, and 5/29) at 12:00pm PST



[Suicide Prevention QPR](#) (2 sessions in May)

- Thursday, May 8 at 10:00-11:30am PST

- Wednesday, May 21 at 11:30-1:00pm PST



[Wellness with Dr. Rice](#)

Tuesday, May 13 at 1:00pm PST



[Mini Mental Vacation](#)

Wednesday, May 14 at 11:30am PST



[Limitless Mindset](#)

Wednesday, May 28 at 11:00 am PST

Seasons of Wellness:

Spring into Action - Step Challenge



Get ready to "Spring into Action" with our 12-week Step into Well-being Challenge, kicking off **May 12!** As part of our year-round Seasons of Wellness initiative, this challenge encourages employees to form teams of 5–15 members and track their steps using Sworkit while building community and reflecting on the connection between movement and mental well-being through daily engagement prompts on Viva Engage. Motivosity points will be awarded to the top individual and top team, so lace up your shoes and join us in stepping toward better health one step at a time! [Learn more>>](#)

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>>](#)

Mindful Minutes Challenge | May 12 – May 18

Take a mindful break each day with Sworkit's 1-week meditation challenge. [Join Challenge>>](#)

[Learn More About Sworkit Features](#)

Well-Being Tips: 4 Pillars in Action



PHYSICAL WELL-BEING



Physical Well-Being:

How you start your morning sets the tone for your entire day.

✓ *Tip: Upon waking, hydrate, get sunlight exposure, delay caffeine intake, and go for a short walk.*

✦ Resource: [Dr. Andrew Huberman](#)

Emotional Well-Being:

Shaking it out – shaking your hands, feet, and arms – can discharge built-up anxiety and stress (somatic therapy).

✓ *Tip: Try 1 minute of “neurogenic shaking” to physically release tension from your body and calm your mind.*

✦ Resource: [Healthline – Dr. Peter Levine](#)

EMOTIONAL WELL-BEING



FINANCIAL WELL-BEING



Financial Well-Being:

Small, consistent money “check-ins” help you train your brain to feel more in control.

✓ *Tip: Build a habit of blocking 10 minutes once a week to review your budget, even if you don’t make any changes. It’s the habit that lowers financial stress, not the outcome.*

✦ Resource: [Forbes](#)

Purpose Well-Being:

Small acts of service at work can boost your sense of purpose and job satisfaction.

✓ *Tip: Look for small ways to support a teammate – a thank you note, quick help on a task/project.*

✦ Resource: [Adam Grant – How to Change Your Workplace](#)

PURPOSE WELL-BEING



Upcoming Workshops

Stay tuned for upcoming wellness workshops designed to support your well-being. Visit [The Wellness Loop SharePoint Page](#) for details and registration links.

[Register Now!](#)

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.
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**HUMAN
RESOURCES**

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