



# UF Employee Assistance Program

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*No-cost, confidential solutions to life's challenges*



# UF Employee Assistance Program

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- Employees and household members may request up to 6 free visits per person, per household, per event, per calendar year
- Available to all faculty, staff, graduate assistants, non-student OPS, house staff/residents and postdoc associates
- Call toll-free number — 833.306.0103 — to speak to a counselor who will answer questions and, if needed, refer to an area provider
- Vastly expanded network includes providers throughout the state and world



# Expanded UF Employee Assistance Program

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- In addition: Enhanced worklife resources and services, including:
  - **Worklife solutions:** Child and elder care, moving and relocation, home repair, planning events, pet care
  - **Legal guidance:** Divorce, adoption, family law, wills, trusts and more, plus free 30-minute consultation and reduced fees for representation
  - **Financial advice:** Retirement planning, taxes, mortgages, insurance, budgeting, debt, bankruptcy
- Search online directory and resources or get a personal response to your particular need



# Expanded UF Employee Assistance Program

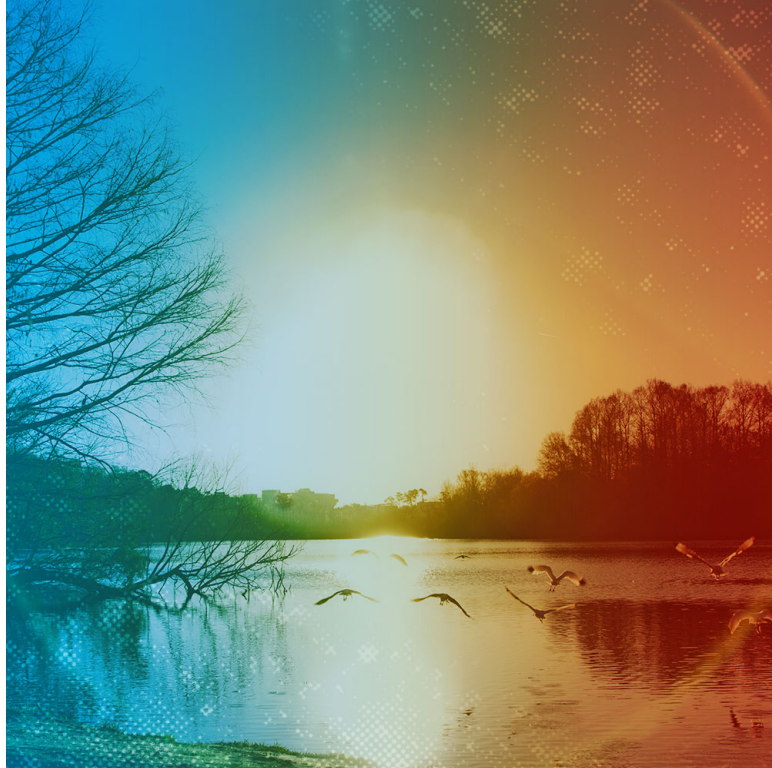
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- Get support when you need it, 24/7 by:
  - Calling toll-free number: 833.306.0103
  - Logging into [guidanceresources.com](https://guidanceresources.com)  
First-time users register with **UFEAP** organization web ID  
Create unique username and password—not Gatorlink ID
  - Search databases based on your geographical location or submit your question directly via online request
- Visit [eap.ufl.edu](https://eap.ufl.edu) or email [eap-help@ufl.edu](mailto:eap-help@ufl.edu) if you have questions or would like more info.



# UF Employee Assistance Program

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To learn more about the EAP or to share your feedback with us, please visit <https://eap.ufl.edu/>

You can also email [eap-help@ufl.edu](mailto:eap-help@ufl.edu) to:

- Request support during an emergency or emerging situation in your department
- Provide us with feedback or ask questions
- Request brochures (please include quantity)



# Webinars: Stress management / Worklife

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- The Impact of Attitude on Work and Life
- Living with Change
- Resiliency: Bouncing Back After a Setback
- Stress: A way of life or a fact of life?
- Developing Grit: Strategies for Success in Work and Life
- Laughter, Humor and Play to Reduce Stress and Solve Problems
- Making connections in Work and Life
- Managing Your Emotions in the Workplace
- Balancing Work and Life
- Tools to Handle Stress



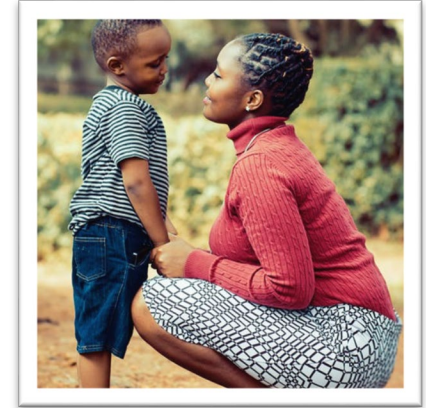
# Mindfulness Resources





# Introduction to Mindfulness

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- Myths and realities:  
*What mindfulness is and what it isn't*
- Dimensions of mindfulness in everyday life
- Distinction between mindfulness and meditation
- Elements of a “successful” meditation
- Experiential practice
- Incorporating mindfulness into your day
  
- To request this presentation and/or start a meditation group in your department, please email [aabrown@ufl.edu](mailto:aabrown@ufl.edu).





# UF Mindfulness

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- 360° Mindfulness every Monday at 5:30 p.m.
- Online resources
  - Recordings
  - Area groups
  - Links to guided meditations

<https://mindfulness.ufl.edu>



# Restore Balance

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- Resources to Restore Balance
- Workshops week of Nov. 16-20
- Watch for recordings, additional links to resources to come

<https://wellness.hr.ufl.edu/initiatives/events/restore-balance/>



# WELLNESS

at The University of Florida

Our mission is To develop a culture of health and wellness that empowers the campus community by creating opportunities for healthier behaviors through education, programming, and support.





# CONNECT WITH US

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- **Follow us**

- Facebook, Instagram, Twitter
- @WellatUF

- **Be a Wellness Partner**

- A full list of current Wellness Partners is available on our website.
- If one does not exist for your department, you can sign up to be the Wellness Partner





# ENGAGE WITH US

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- **Bring wellness to you**
  - New initiatives are offered every quarter programs for all levels of engagement
- **Nominate a Wellness Warrior**
  - A peer-nominated award to recognize the trailblazers in our workplace for their dedication to living healthy





# WELLNESS OPPORTUNITIES

## • Programs

- Healthy Lifestyle Program
- The Resilient Gator
- Good Night Gators
- Wellness Coaching
- HELP: Health Education and Literacy Prog.
- Wellness Challenges

## • Events

- Healthy Campus Week
- Benefits and Wellness Fair
- National Sleep Week
- Men's Health Awareness Week
- Etc.





# WELLNESS OPPORTUNITIES

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- Presentations and Workshops
  - Wellness Talks
  - Media Library
  - Available for Requests
  
- Resources
  - Healthy Lifestyle Kickstarter
  - Windows to Wellness
  - Gratitude Cards
  - Healthy Potluck Toolkit
  - Guide to Healthy Eating on Campus





# WELLNESS

at The University of Florida

- ▶ **Website:** [worklife.hr.ufl.edu](http://worklife.hr.ufl.edu)
- ▶ **Email:** [hrs-wellness@ufl.edu](mailto:hrs-wellness@ufl.edu)
  
- ▶ **Yusof Al-Wadei**
- ▶ **Health Promotion Specialist | UFHR**

