SUMMARY OF TIPS AND TACTICS

Personal and Family Life

Experts: Mark and Joyce

- Leave work at work
- Involvement in outside groups in moderation
- Spirituality
- Enjoying family and friends by spending time with them
- Maintain a healthy balance
- Detach yourself from your cell phone
- Don’t take anything personally
- “Me time” - exercise and plenty of rest

Community and Culture

Experts: Kristen, Melissa, Linda, Marissa and Marisa

- Lunch and coffee dates with co-workers
- Networking
- Enjoy and appreciate local resources and surroundings

What is Wellbeing?

Personal & Family Life

Community & Culture

Financial Wellness

Healthy Living

Work Fulfillment

Join GWU groups and organizations
Focus and refocus your energy on time spent with positive people

Colonial Community is your center for employee wellbeing. We take great pride in creating a supportive work environment and understand that faculty and staff are our greatest asset. Our mission is to promote faculty and staff wellbeing by providing programs, policies, and resources to create a strong and healthy workforce.
Healthy Living
Experts: Mike, Amy, & Brenda

- Block out external stressors (esp. negativity)
- Think of the good!
- Keep healthy snacks at work
- Bring your lunch (not buy it)
- Do exercise you enjoy
- Find a doctor/keep contact info
- Sleep!
- Drink water

Financial Wellness
Experts: Erica & Caroline

- Keep a budget
- Discount codes
- Be frugal
- Control shopping (make a list)
- Be on the same page with your significant other
- Credit monitoring
- Get serious about retirement
- Automatic deductions
- Envelope method (cash)
- Feel proud of your savings balance

Work Fulfillment
Experts: Kara & Sabrina

- Join groups at work
- Apply for awards and nominate others
- Attend conferences & join professional associations
- Love what you do
- Put yourself out there by expressing your desires
- Accept negative feedback

GW’s Wellbeing Hotline

Wellbeing Hotline
Call: 855.705.2471
TDD: 800.697.0353
Go online: guidanceresources.com
Your company Web ID: GWU

and much more...