

GRAND VALLEY STATE UNIVERSITY HUMAN RESOURCES

BENEFITS & WELLNESS

PROFESSIONAL DEVELOPMENT

CONFLICT RESOLUTION

CAREER RESOURCES

COMPENSATION & EMPLOYMENT



2021 OPEN ENROLLMENT

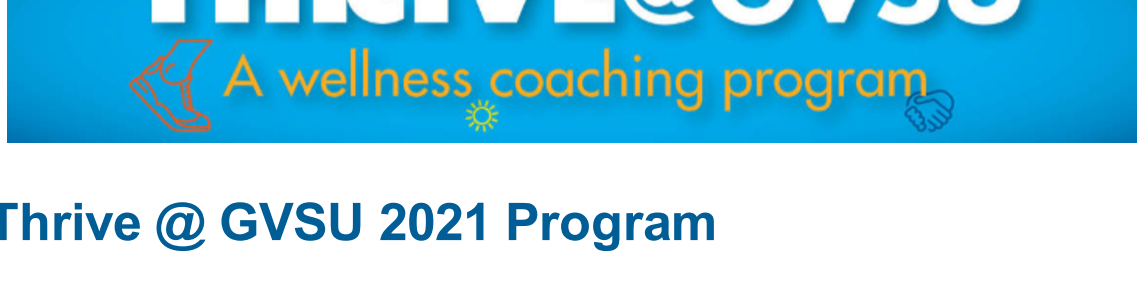
OCTOBER 20 TO NOVEMBER 4



Open Enrollment 2021

The 2021 annual benefits open enrollment is your opportunity to take a closer look at your benefit options. Follow these three easy steps to start your enrollment:

1. Visit gvsu.edu/hro/benefitswellness/oe to review all of your benefit options for 2021
2. **From October 20th through November 4th:** Enroll in your benefits by logging into the eBenefits system online at gvsu.edu/hro/benefitswellness/oe
3. Receive your detailed total compensation statement



Thrive @ GVSU 2021 Program

THRIVE @ GVSU is a voluntary, confidential, and free three month* wellness coaching program. Available to all medical benefit-eligible faculty, staff, spouses, and household members. Earn a \$100** gift card just for participating! Enroll during Open Enrollment. For more information, visit the [Thrive @ GVSU web page](#).

*1-3 months

**Taxable

Flu Shots

Have you received your flu shot for this fall? If not, flu shot clinics will be hosted throughout October on both the Allendale and Grand Rapids campuses. The first will be held on October 1st at the GVSU Family Health Center downtown, for those who register in advance from 5p.m. to 7p.m.



To register for an appointment, visit the [Family Health Center webpage](#). Don't forget to bring your Flu and Insurance paperwork!

Leading Laker: Christina Quick

Despite many changes in the past few months, Christina Quick has been able to stay resilient with a daily mindfulness routine. With this practice, Quick has been able to feel happier, think clearer, and improve her overall mental health. Coming from a 10-year career in trauma and emergency response, and later from her role as a nurse practitioner and Assistant Professor in the Kirkhof College of Nursing, Quick is familiar with caring for patients. Still, caring for her own wellness and mental health has not always been easy.



"Before I started practicing mindfulness and my morning routine I was overcome with anxiety, worse than I ever remember," she said. "I think we don't adequately learn how to care for our mental health or respond to others, even as medical providers, and I experienced first-hand the awkwardness of that." Even though she was overcome with the worst anxiety she had ever experienced, she still had a difficult time seeking out help. Once she did, it allowed her to make important changes to her routine that have helped to improve her overall well-being.

"I started counseling, and as things improved, I began to alter my diet, gradually adding exercise, and later my morning/mindfulness routine," she said. "Mindfulness gave me back my mental health, and it's so well aligned with core nursing values that I love it even more!"

Quick now practices mindfulness daily during her morning routine. Because her days are filled with work and four busy children, Quick finds the early morning hours before her children wake up are the best time to practice. Quick spends about a half an hour each morning journaling, meditating, and practicing gratitude. Then, after a quick 30-minute workout, she can get started with her day. By adding this time for herself in the morning, Quick has been able to ease her anxiety and feel prepared for her busy days. This process has given her space to reflect and grow, something that we don't normally give ourselves time for.

While this process has worked great for Quick, she understands that everyone is a little different and mindfulness might not look the same in everyone's routine. She admits that mornings might not be for everyone, saying, "If you can't bear the thought of early mornings, find a different time. Can you get away from distractions during lunch? Before bed? It doesn't have to be in the morning to be beneficial!"

What's most important in Quick's opinion is giving yourself the space for self-care, regardless of when that is. She says "You have to schedule mindfulness into your day, just like all the activities we do as faculty. Add in your self-care, and just like you wouldn't cancel on a friend, never cancel on yourself."

If you're looking to learn more about mindfulness and where to get started, [visit the Mindfulness and Kindness at GVSU page](#) to find information and participate in different mindfulness programs on campus.

[Visit all GVSU Leading Laker features.](#)

Get Moving Team Challenge Begins This Month

October 12-November 23

Looking to step away from your computer and Get Moving? Join the Get Moving Team Challenge! This team challenge will motivate you to:

- Team up with 3 colleagues to form a team
- Compete at your own pace with competitive or team goal categories from October 12th-November 23rd
- Track your fitness on your own personal fitness device and hype up your teammates so everyone sticks to their goals and earn prizes along the way
- Upload your progress to the web and feel better about getting away from your computer to do your body good

[Register your team before October 12th!](#)



Encompass EAP Feedback Survey

Faculty and staff have access to Encompass, a third party employee assistance program (EAP) which offers 24/7 crisis support, consultation, and coaching. Please take a moment to provide feedback on their services. Your insight is important to ensure continued quality services for GVSU employees and families.

[Take the survey](#)

New University Counseling Center App

Campuses nationwide have experienced an upward trend in student mental health needs. A recent survey indicated that less than 7% of Grand Valley faculty feel very well equipped to address student mental health concerns, and over 70% believe that access to information to manage those concerns from their office, home, or classroom would be helpful. The University Counseling Center has developed a mobile application to support faculty and staff as they encounter student mental health needs and emergencies that may arise. The app:



- Addresses anxiety, panic attacks, depression, suicidality, threatening behavior, unusual behavior, and a variety of other student mental health issues
- Provides a brief description, an informational video, warning signs, and appropriate ways faculty and staff might address each mental health concern
- Includes an "I Have an Emergency" button at the bottom of each page, which outlines what constitutes an emergency and emergency procedures both on- and off-campus
- Offers a variety of classroom techniques to foster student mental health and emotional resilience
- Answers frequently asked questions, including those about confidentiality, Counseling Center wait times, and concerning student emails
- Links faculty and staff to applicable support resources across campus and within the local community

For more information about how to download and use the app, please click on this [brief University Counseling Center video](#).

HR Team Member Feature:

Becky Berrevoets

Compensation Analyst

How long have you worked at GVSU? Almost 7 months!

How do you support faculty and staff at GVSU in your role? I provide compensation support for new and existing positions at GV along with many other things that I'm still learning!



What is your favorite quote? "Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." —Vivian Greene

What energizes you? Taking a vacation to a place I've never been or taking my kids on a vacation to a place I've been and experiencing it through their eyes.

What's your favorite pastime? I love to try new recipes! I enjoy cooking and baking and am thankful for having a grandma who was willing to teach me when I was young.

What's your favorite part about working at GVSU? Our team in HR is so collaborative and always willing to help!

What is your "Laker Effect"? I'm an alumni, so it feels great to be back where I started to prepare myself for a career in Human Resources!

Upcoming Events

Responding to Distressed Colleagues:

A toolkit for GVSU faculty and staff

[October 7th 12:00pm-1:30pm](#)

Open Enrollment

[October 20th-November 4](#)

Mom's Network: Virtual Meeting

[October 20th 12:00pm-1:00pm](#)

Interpersonal Communication

[October 23rd 8:30am-10:30am](#)

[View all upcoming events.](#)

[Current Job Openings](#)

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