

BENEFITS | WELLNESS | WORKLIFE

NAVIGATE YOUR RESOURCES & SUPPORT

Your guide: Elisa Salazar, LMSW





The Wellness Wheel: Your Navigation Tool

Created by: Kayla Cupples

82%



STUDENTS CARE ABOUT YOUR WELLBEING

**From the 2018 Wellness Task Force Survey*





**Click the Wellness Wheel or any of the linked images to learn more about your resources.*

EMOTIONAL RESOURCES

YOU HAVE QUESTIONS...

What virtual and online resources are available for my emotional wellness?

WE HAVE ANSWERS!

ENCOMPASS^{EAP}
An AllOne Health Company
can help.





**Click the Wellness Wheel or any of the linked images to learn more about your resources.*

OCCUPATIONAL RESOURCES

YOU HAVE QUESTIONS...

How do I excel in my career?

WE HAVE ANSWERS!

Excel in your career by utilizing career resources.



PHYSICAL RESOURCES

YOU HAVE QUESTIONS...

What are virtual resources available for my physical wellbeing?



**Click the Wellness Wheel or any of the linked images to learn more about your resources.*

WE HAVE ANSWERS!

PriorityHealth 



**Click the picture for additional resources.*



FINANCIAL RESOURCES

YOU HAVE QUESTIONS...

How do I increase my knowledge and skills about financial wellness? How do I plan for retirement?



**Click the Wellness Wheel or any of the linked images to learn more about your resources.*

WE HAVE ANSWERS!

Meet with a representative or attend a seminar or webinar.



INTELLECTUAL RESOURCES

YOU HAVE QUESTIONS...

What professional
development opportunities and tools are
available to me?



**Click the Wellness Wheel
or any of the linked images
to learn more about your
resources.*

WE HAVE ANSWERS!

There are on-line and in-person
professional development
opportunities available.



**Click the picture for
additional resources.*

SOCIAL RESOURCES

YOU HAVE QUESTIONS...

How do I network with others around campus
casually and professionally?



**Click the Wellness Wheel
or any of the linked images
to learn more about your
resources.*

WE HAVE ANSWERS!

Join a Network Community.



**Click the picture for
additional resources.*



SPIRITUAL RESOURCES

YOU HAVE QUESTIONS...

Where can I learn more about mindfulness
and meditation?



**Click the Wellness Wheel
or any of the linked images
to learn more about your
resources.*

WE HAVE ANSWERS!

There are many ways to learn and
practice mindfulness.



**Click the picture for
additional resources.*



**Click the Wellness Wheel or any of the linked images to learn more about your resources.*

ENVIRONMENTAL RESOURCES

YOU HAVE QUESTIONS...

What are some resources for remote work? What are resources for working parents and remote learning for children?

WE HAVE ANSWERS!

GVSU Charter Schools Office has family resources for learning at home.



**Click the picture for additional resources.*

RESOURCES FOR WORK AND LIFE

WELLNESS PLANNING

be well

#YOUMATTER



Navigate Series: Sessions & Topics

EMOTIONAL RESOURCES – APRIL 14, 9AM

Learn about Encompass' platform and the resources available for your emotional wellbeing.

OCCUPATIONAL RESOURCES – APRIL 15, 10:30AM

Human Resources offers career coaching for faculty and staff. Learn how to excel in your career and utilize HR Career Services.

PHYSICAL RESOURCES – APRIL 16, 11:30AM

Explore virtual resources available for your physical wellbeing, how to sign up for a health coach and how they can help you.

FINANCIAL RESOURCES – APRIL 21, 10:30AM

Increase your knowledge and skills about financial wellness, how to plan for retirement, and where to go for information and resources.

INTELLECTUAL RESOURCES – APRIL 22, 3PM

Find out where to locate professional development opportunities and tools that are available.

SOCIAL RESOURCES – APRIL 23, 1PM

Learn how you can network with others around campus casually and professionally and Network Communities; what they are and how to join.

SPIRITUAL RESOURCES – APRIL 28, 1PM

Gain insight about mindfulness and meditation, resources available, as well as two mindfulness practices you can use to start your day.

ENVIRONMENTAL RESOURCES – APRIL 29, 10AM

Obtain resources for remote school and learning for working parents, along with online and virtual tools available for children.

Let's Stay Connected
Follow us on social media



WE ARE HUMAN RESOURCES.



We are here to answer your questions, **BIG** or small. We are here to **help**. We are your **resource**.