

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*



# EMOTIONAL RESOURCES

YOU HAVE QUESTIONS...

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



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

WE HAVE ANSWERS!

**ENCOMPASS**<sup>EAP</sup>  
An AllOne Health Company  
can help.



# OCCUPATIONAL RESOURCES

YOU HAVE QUESTIONS...

How do I excel in my career?



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

**WE HAVE ANSWERS!**

Excel in your career byutilizing 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.*



# ENVIRONMENTAL RESOURCES

## YOU HAVE QUESTIONS...

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



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

## 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**.