

## **SNR Wellness Plan**

**AY 2017**

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**Approved by SNR Director John Carroll**

### ***Communication Strategy: Promoting wellness in SNR***

The SNR Wellness Team manages a listserv and maintains a web page on SNR's website (<http://go.unl.edu/snrwellnessinfo>) to publish and promote wellness information and activities. In order to track participation, the number of people who sign up for the listserv and web page hits statistics will be collected.

### ***Ongoing Activities***

#### **Encouraging colleagues to provide healthy food options for SNR get togethers**

The SNR Social Committee member responsible for coordinating an SNR get together for a particular month encourages hosts to offer some healthy food options at the event through an email to the hosts. In order to track participation, photos and general observations are taken by a member of the SNR Wellness Team at the beginning of each SNR get together event to document the food options offered. Sign-up sheets are collected for additional documentation.

#### **Promoting walking breaks**

The SNR Wellness Team encourages colleagues to take walking breaks. The team developed indoor walking routes in Hardin Hall and promotes outdoor East Campus walking routes by making the routes available at the Nebraska Maps and More store and on the SNR wellness website. In order to track participation, a tally sheet is available at the Nebraska Maps and More store for walkers to tally their laps.

#### **Providing a space in Hardin Hall to encourage meditation/quiet time**

The Collaboration Room (Hardin Hall 915) is used as a space for people to take a break and meditate or have quiet time away from their offices. Those who partake in this activity will remain quiet while in the room and not bring cell phones or laptops. Below is the policy for use of this room, per the SNR Employee Handbook:

The Collaboration Room may be used for quiet time or meditation during permitted breaks or lunches, and to do so, you will need to check the calendars posted throughout the building – as well as directly outside the room – to make sure that the room hasn't been reserved or isn't in use. If you want to use the room at a regular time, you may also schedule the room via Outlook. If it is determined that the privilege is being abused, this space will no longer be available for employee use on an individual basis.

In order to track participation, a tally sheet is posted in the Collaboration Room for participants to tally their visits.

### ***Goals for AY17***

#### **Encourage colleagues to bring their own plates, cups, and utensils to SNR get togethers to promote environmental wellness**

In addition to promoting healthy food options, the SNR Social Committee will be asked to also encourage SNR staff to bring their own plates, cups, and utensils. This activity promotes environmental wellness by eliminating unnecessary waste and saving money. This goal will be measured by taking note of participants using their own dishes and by surveying the people signed up for the listserv.

#### **Promote walking breaks during the winter**

Upon return to work in January from the holiday break, the SNR Wellness Team shall host a reception containing healthy snacks and lead tours of the walking routes created for Hardin Hall. This event is intended to increase participation in utilizing the walking routes. This goal will be measured by having participants tally their laps on the sheet kept at the Nebraska Maps and More store and comparing participation to last year.

#### **Increase participation of SNR graduate students in the wellness program**

The SNR Wellness Team added a graduate student to the team this year. This graduate student representative will promote SNR and UNL wellness activities and events specifically to the graduate students, a group that was not very active in the wellness program last year but is a very important group to engage with on wellness issues. This goal will be measured by counting the number of new graduate students who sign up for the listserv and tallying their participation at SNR wellness events.

#### **Promote “All About You” UNL Wellness Initiative Event to SNR and get 30 people to participate**

All About You is a UNL Wellness Initiative Event that provides wellness assessments and resources to UNL employees for free. There are two events at the Nebraska East Union – October 20 and November 3 from 8-10AM. The SNR Wellness Team will aim for participation from 30 SNR employees and graduate students. This goal will be measured by tracking the number of participants from SNR through the event registration.