

## **SNR Wellness Plan**

**AY 2016**

**SNR Wellness Team: Crystal Stiles, Mark Mesarch, Caroline Jezierski**

**Plan approved by SNR Director John Carroll and UNL Wellness Director Kimberly Barrett**

### **Goal #1: Increase the promotion of wellness in SNR**

*Description:* The SNR Wellness Team will establish a listserv and maintain a web page on SNR's website (<http://go.unl.edu/snrwellnessinfo>) to publish and promote wellness information and activities.

*Measure of success:* The following data will be collected: number of people signed up for the listserv, number of messages sent through the listserv, and web page hits. A short evaluation survey will also be given to listserv members at the end of the Spring 2016 semester.

*Timeline:* The web page has already been created. The listserv will be established in February 2016.

### **Goal #2: Encourage colleagues to provide healthy food options for SNR get togethers**

*Description:* The SNR Social Committee member responsible for coordinating an SNR get together for a particular month will encourage hosts to offer some healthy food options at the event through an email to the hosts.

*Measure of success:* Photos and/or notes will be 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 will be collected for additional documentation. A short evaluation survey will also be given to listserv members at the end of the Spring 2016 semester.

*Timeline:* This activity was already implemented successfully during the October and December SNR get togethers. It will be implemented again for the get togethers in February 2016 and April 2016.

### **Goal #3: Promote walking breaks**

*Description:* The SNR Wellness Team will encourage colleagues to take walking breaks. One particular activity that will be promoted is the concept of a walking meeting. UNL Wellness Director Kimberly Barrett recommends that the most effective walking meetings last 10-20 minutes and consist of five or fewer people and no more than three agenda items. The SNR Wellness Team will promote walking meetings by making outdoor East Campus walking maps available (these maps already exist) and measuring out several walking paths inside Hardin Hall to use during inclement weather. Maps of indoor and outdoor walking routes will be available at the Nebraska Maps and More store. The motto of this activity is "Walk with me," an activity commonly promoted in the TV show *The West Wing*.

*Measure of success:* A sheet and pen will be available at the Nebraska Maps and More store for walkers to tally their laps. A short evaluation survey will also be given to listserv members at the end of the Spring 2016 semester.

*Timeline:* The walking path will be measured in February 2016 with a target date for implementation of this activity March 1, 2016.

**Goal #4: Provide a space in Hardin Hall to encourage meditation/quiet time**

*Description:* The Collaboration Room (Hardin Hall 915) shall be 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.

*Measure of success:* A sheet and pen will be posted in the Collaboration Room for participants to tally their visits. A short evaluation survey will also be given to listserv members at the end of the Spring 2016 semester.

*Timeline:* This activity will be implemented beginning February 2016.