

SNR Wellness Plan

AY 2018

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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 AY18

Encourage the Social Committee to purchase compostable plates, cups, and utensils for SNR get togethers to promote environmental wellness

In addition to promoting healthy food options, the SNR Social Committee will be asked to purchase compostable plates, cups, and utensils, and ensure that these items are composted. This activity promotes environmental wellness by eliminating unnecessary waste. This goal will be measured by following up with the Social Committee to determine whether they are purchasing compostable items.

Increase participation of SNR graduate students in the wellness program

The SNR Wellness Team graduate student representative will promote SNR and UNL wellness activities and events specifically to the graduate students, a group that has not been very active in the wellness program 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 “Wellness 101” UNL Wellness Initiative Event to SNR and increase participation

Wellness 101 is a UNL Wellness Initiative Event that provides wellness assessments and resources to UNL employees for free. The CASNR event will be held at the Nebraska East Union on October 12th from 8:30-10:30 AM. The SNR Wellness Team will aim to increase participation of SNR employees and graduate students from last year (11 attended). This goal will be measured by tracking the number of participants from SNR through the event registration.