

Wellbeing Checklist

To complete the pathway, you will need to complete **10 tasks** from the list below. Some tasks may have multiple requirements. Please note that you should complete at least **one task in each element area** – Physical, Social/Community, Emotional, Financial and General. By the end of this pathway you should:

- Understand how wellbeing plays a role in an employee’s personal, professional, and social life.
- Obtain effective tools to help guide you on your personal wellness journey
- Learn about wellbeing resources available to you as a University of Colorado employee

Physical Element:

According to the Center for Disease Control: “physical activity fosters normal growth and development, can reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better.” Below are the activities you can take advantage of to increase the physical element of your wellbeing.

- Attend **five** fitness classes. Choose your own or explore these options:
 - [CU Denver Wellness Center](#)
 - [Healthy Pursuits](#)
 - [Be Colorado Fitness Center Discounts](#)
- Participate in a 5k or 10k race of your choice
- Complete either a triathlon, marathon or half-marathon
- Join the [BeColorado Move](#) program – earn cash for being active. Get active for 30 minutes, 12 days a month for 3 months
- Participate in [Bike to Work Day](#)
- Get outdoors and explore all Colorado has to offer - check out [AllTrails](#) for ideas
- Use your standing desk (if you have one), bring a balance ball, or take a walk once per week outside
- Use the [Mini Gym](#) (contact CU System Staff Council to obtain access)
- Cook a healthy meal – check out [Zipongo](#) for ideas and recipes.

Social/Community Element:

The University of Colorado encourages employees to give back to the community through volunteering and/or community engagement. We can make a difference in our community’s wellbeing by donating our time to various causes and organizations throughout the state of Colorado. Below are various resources you can utilize to get involved in your community:

- Volunteer at an organization of your choice - use [Volunteer Match](#) or [Just Serve](#) for ideas
- Take one of your meetings outside or go for a walking meeting
- Volunteer for a race or event of your choice. List event here: _____
- Attend a CU Athletics and recreation sporting event with a family member, friend or colleague



- Do one random act of kindness. Visit [this website](#) for more information. List what random act of kindness you did:

Provide a key takeaway or learning from a social/community event that you participated in:

Emotional Element:

Emotional Wellness is vital in maintaining a healthy lifestyle. Emotional wellness inspires one to practice self-care, relaxation, stress reduction, and develop one's inner strength. Emotional wellness allows us to become more in tune with our emotions and allows us to understand why we feel the way we do.

- Download an app of your choice onto your smartphone (fee may be involved) related to mindfulness or meditation. Use the app to practice mindfulness or meditation on five separate occasions.
- Attend **five** yoga classes. Yoga allows one to become grounded and more in tune with their body. It is also great for stress reduction. Below are some suggestions on classes and studios
 - [CU Denver Wellness Center](#)
 - [Healthy Pursuits](#)
 - [Core Power Yoga](#)
 - [Samadhi Yoga](#)
- Declutter your desk/office – use 5 minutes each week (i.e. noon Monday) to organize, clean and recycle your space
- Visit the Colorado State Employee Assistance Program [CSEAP](#) website for resources
- Complete the Mindful Workday with Dr. Britt Andreatta course on LinkedIn Learning (this course is included in the CU at the Top Wellbeing Collection on LinkedIn Learning)
- Attend the Emotional Intelligence course through the [Controller's CPE program](#)
- Attend the Enhancing your Performance at Work with Mindfulness course through the [Controller's CPE program](#)

Financial Wellness Element:

Money plays a very critical and important role in our lives. Financial wellness is the process of learning how to successfully manage financial expenses. Financial wellness is the ability to manage your short-term finances while also saving for your long-term goals.

- Schedule an in-person session for a personal financial consultation with a financial professional through [CU](#).
- Attend any [Healthy, Wealthy and Wise](#) event. CU partners with TIAA, PERA and other organizations to provide seminars on financial topics.
- Complete the course: Financial Wellness: Managing Personal Cash Flow on LinkedIn Learning (this course is included in the CU at the Top Wellbeing Collection on LinkedIn Learning)
- Complete the course: Setting Your Financial Goals on LinkedIn Learning



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- Bring your lunch to work everyday for 1 week instead of going out to eat. Calculate how much money you saved and list it here: _____

General Wellness Element:

- Complete **5** courses and corresponding activities from the Wellbeing pathway in LinkedIn Learning. To find this pathway follow the steps below: Please attach any Exercises that you complete from the Exercise Files. (This counts as one task)
 1. Log into Portal
 2. Click CU Resources Home
 3. Click Training.
 4. Click LinkedIn Learning
 5. Click My Org
 6. Click Collections
 7. Click CU at the Top: Wellbeing Pathway
 8. Take **5** courses from this pathway and list the course below. If there are associated activities in the "Exercise Files" section of the course, please complete these activities.
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
- Watch **two** of the Wellness videos (YouTube):
 - [The most important lesson from 83,000 brain scans](#) by Daniel Amen
 - [I Love Nutritional Science](#) by Dr. Joel Fuhrman
 - [Mindfulness](#) by Jon Kabat-Zinn
 - [The Happiness Advantage](#) by Shawn Achor

Provide a key takeaway or learning from the videos that you watched:

- Read **one** of the following books:
 - Wellbeing: The Five Essential Elements by Dr. James Harter
 - The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking
 - You are a Badass How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero
 - Food Rules by Michael Pollan
 - Boundaries by Dr. Henry Cloud



Provide a key takeaway or learning from the book that you chose:

By signing my name below, I certify that I have completed all tasks to satisfy the requirements of this pathway.

Signature

Date