

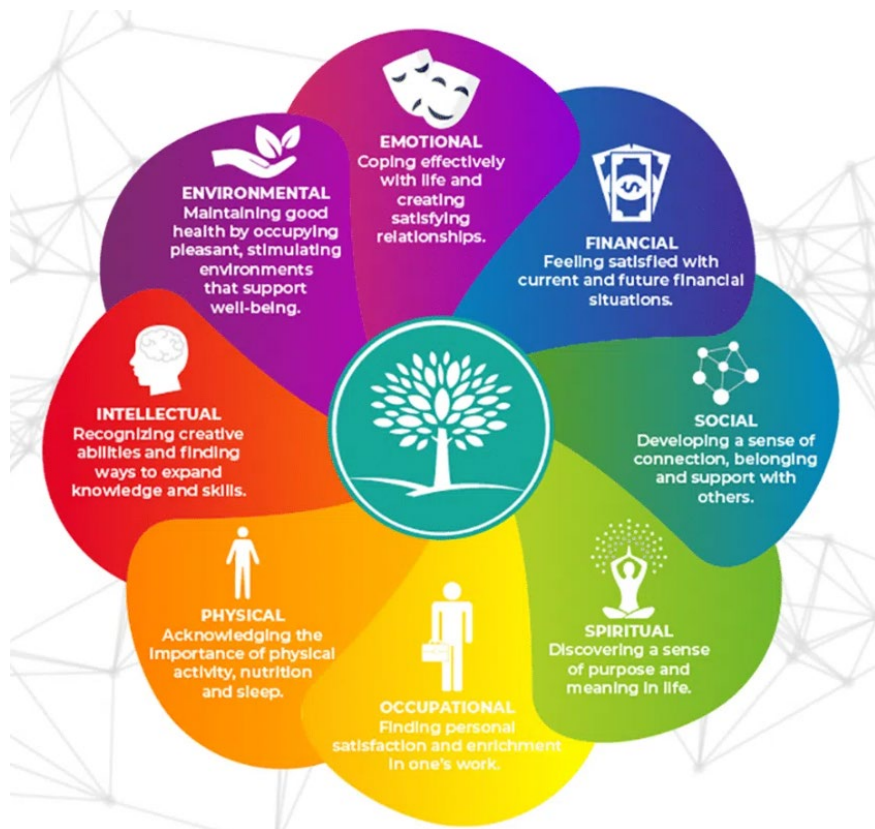
# September Wellness Events at the School of Nursing



As we are all finding our footing in a new semester at Cooper Hall, we wanted to reach out to share wellness offerings for our School of Nursing community. We hope you can join us at some of our upcoming events!

## Dimensions of Wellness

Every month we will highlight a different dimension of wellness and will offer resources to help support individual and collective flourishing.

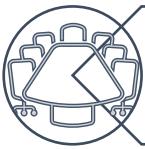


## Spotlight on Occupational Wellness

Occupational Wellness is defined as the personal satisfaction and enrichment that one receives in life through their employment, academic, or volunteer work.

Stop by the atrium from Monday, September 11<sup>th</sup> – Wednesday, September 20<sup>th</sup> to share how being a nursing student, faculty, or staff member enriches your life. You will find a large whiteboard near the stairwell where you can share your ideas!

### How Can You Improve Your Occupational Wellness?



Engage in work that you find interesting, challenging, and fulfilling.



Remain motivated and work towards your personal goals.



Build community: Collaborate and connect with others.



Take a break: Find a balance between work and time for self-care.

### Building Community

We hope you were able to stop by the Atrium last week to enjoy some snacks and games. Engaging with your peers helps build community. Research has shown that individuals who have a supportive community have a healthier mindset, improved self-worth, and greater enjoyment in life. You will see more events like this in the future, please take a minute to stop by and check it out!

## Reshaping Systems: Toward a Culture of Belonging



**Dr. Tony Chambers**

“How can power dynamics be transformed to drive systemic change? And how can we nurture resilience and a culture of belonging through transformative learning? We hope you’ll join us next week to explore these questions and more in our upcoming Mind & Life Connect conversation with **Tony Chambers**, Director of Equity, Inclusion, and Innovation at the UW-Madison Center for Healthy Minds. On **Thursday, September 14th at 1:00 pm**, Tony will join us to talk about "[Reshaping Systems: Toward a Culture of Belonging](#)," to be accompanied by a Q&A, guided contemplative practice, and interactive breakout groups.”

## Alumni Mentor Program



**What:** This kick-off meeting is open to all students and alumni. We hope you can join us to make some connections!

**When:** September 19<sup>th</sup> at 12:45pm

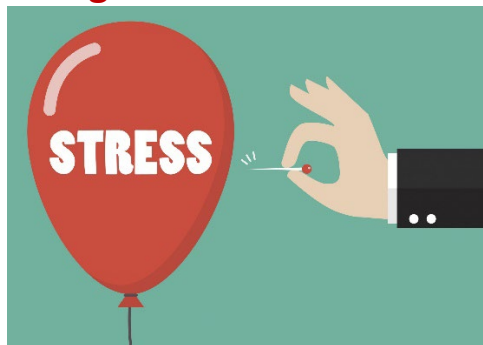
**Where:** Cooper Hall 1231

## Dogs on Call



Join us for some pet therapy! Dogs on Call will be in the School of Nursing courtyard (between Cooper Hall and the Pharmacy building) on Tuesday, September 26<sup>th</sup> from 12-1:30pm. This event is weather dependent.

## Stress Management & Self-Care Workshop



**What:** Please join us to learn about stress management and self-care. This workshop will help you learn how to recognize stressors, how stress manifests, and how to positively cope with stress. There will be time for you to engage in and practice healthy coping strategies!

**When:** Tuesday, September 26<sup>th</sup> from 12:45-1:45pm

**Where:** Cooper Hall, room 1321

## Anchor Boxes

[Find Your Anchor](#) is a grassroots movement aimed at suicide prevention, awareness, and education.



So, what are Anchor Boxes? The idea is that those in need should pick up the box and use it. Once they are in a better spot, they should add to it and pass it on. Inside this box you will find various materials (cards, posters, phone numbers, pictures, and more) that we hope will inspire, soothe, and offer support.

1. If you need a box, please take it.
2. Hold onto the box as long as you need it.
3. Before you pass it on, consider adding something to the box that provides inspiration or an anchor.
4. Ready to pass it on? If you know someone in need, please give the box to them. You may also return the box to the UW-Madison School of Nursing (place it anywhere).

Anchor Boxes can be found in various locations in the School of Nursing (i.e., student lounges, wellness rooms, kitchenettes, Academic Affairs waiting room, etc.). If you are in need of an Anchor Box but cannot find one, please contact Katie Pavek ([kausher@wisc.edu](mailto:kausher@wisc.edu)).

**We encourage you to bookmark the [School of Nursing Wellness Website](#). Check back often for new information, events, and resources!**