

*You're Invited to join.....*

## *The Campus Culture of Wellbeing Committee*

Dear Friends and Colleagues,

Aside from feeling busier than ever, many are feeling beleaguered in the wake of the pandemics. The ubiquitous talk of self-care has helped some strike a better balance, but we also know that true caring is done in relationship with others.

In the simplest terms, wellbeing can be simply put as *regarding one's life positively and feeling good*. There are many dimensions to it: physical, social, emotional, psychological, spiritual, financial, and many more. How you feel on campus & at work is an important component to your overall quality of life. Things happening from your off-campus life can help or hinder your sense of satisfaction while on it.

The Employee Assistance Program (EAP) program is organizing an informal committee with the intention of contributing to our collective wellbeing. Meetings will (hopefully) be fun and casual gatherings intended to provide a time and place to brainstorm ideas on ways we can foster wellbeing within our campus community.

Will you please join us?

This opportunity is open to anyone on our campus. There are no qualifications except a desire to help ourselves by coming together and helping each other. Time commitments and work "to dos" will be kept minimal, but the possibilities of making a positive impact are endless. Simply contact me to join:

Kim McCoy Coleman

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Thank you for your kind consideration to join and, especially, for ALL that you do!