

Employee Wellness Connection



Spring 2022

Full-time employees with Florida Blue health insurance are eligible to earn up to \$140 in gift card rewards. View more details about this year's wellness incentive plan [here](#). Also, whether you were able to attend the 2022 Employee Wellness Fair or not, we ask that you take 2 minutes to complete a brief [SURVEY](#).



PHYSICAL

The benefits of regular physical activity are undeniable. Being more active can help a person think, feel, and sleep better. Fitness and living a healthy lifestyle is for everyone, young and old, large and small. [Physical activity recommendations](#) for adults and kids are a great starting point to get moving.

Connect to Element Resources:

Getting the Most Out of Short Workouts

Tooth Fairy Resources and Activities



EMOTIONAL/ SOCIAL HEALTH

With the demands of professional and personal lives, it is common to feel overwhelmed and burned out. Taking a few minutes throughout a busy day to "unplug and recharge" can help to stay focused, energized, and calmer. Start taking small steps to a Better You today!

Connect to Element Resources:

Work-Life Balance

Kindness and Doing Good is Good for You



FINANCIAL

Financial health can dramatically improve one's life and prevent hardships. Individuals who are financially fit are most likely to be more productive in their daily lives. A great way to achieve financial health is through [financial literacy](#).

Connect to Element Resources:

6 Benefits of Simplifying Your Life and Finances

Credit Score Management



SPIRITUAL

Spiritual wellness enables a person to feel empowered to appreciate and value the world around them while finding balance and harmony in it. This can be achieved through time spent alone for self-reflection, as well as time spent engaging in respectful dialogue with others about values, morals and principles.

Connect to Element Resources:

How Spirituality Affects Mental Health

5 Meditation Styles for Beginners



NUTRITIONAL

Peanut Butter Energy Balls Recipe

Presented by [EatingWell](#)

- 2 cups rolled oats
- 1 cup peanut or other nut butter
- 1/2 cup honey
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut

Connect to Element Resources:

Colorful Recipes for Eating the Rainbow

Learning the Basics: Portion Size and Control

Directions: Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well. Using a 1-tablespoon measure, roll the mixture into balls. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

Upcoming Wellness Events:

Smoothie Bar

Enjoy a **FREE** healthy treat while at the Downtown Campus!

When: Wednesday, May 25
11:30 a.m. - 1:30 p.m.

Where: ATC Room 140/141

What: Fresh fruit smoothies

Sponsored by: Cafe Frisch and FSCJ's Hospitality and Tourism Management Program

Mini Spa Day

Experience a ***FREE** spa day provided by FSCJ Cosmetology students!

When: Tuesday, May 31
10 a.m. - 2 p.m.

Where: North Campus Building D, Lab 101

What: Manicures, pedicures, shampoo/sets (colors and chemical services excluded)

Sponsored by: FSCJ's Cosmetology Program
**Services are free, and gratuity is welcome.*

“

It is Health That is Real Wealth and Not Pieces of Gold and Silver .

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~ Mahatma Gandhi