

ADVENTURE2 EMPLOYEE SPOTLIGHT



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Iryna spoke with us about how Adventure2 and other ISU WellBeing programming has positively impacted her life by helping her return to the healthy lifestyle she lived 25 years ago in Eastern Europe.

What do you get out of being a part of Adventure2? What do you most enjoy about it?

The program turned out to be a travel machine for me. It took me back about 25 years, to the time I was still living in Belarus and was much younger and healthier. It helped me to return to the lifestyle I had then.

Do you have any favorite Adventure2 challenges?

My favorite activity is the Mid-Morning Mindfulness practice. Life is so hectic and demanding sometimes that it's hard to stop and take a break. You know you need to do it to keep going, but you keep postponing it until the day is over. Having a set time for the group practice in the morning one or two times a week helps me to be organized and actually take a break.

Would you recommend Adventure2 to other employees and supervisors? If yes, why?

I would recommend Adventure2 to other employees and supervisors because it can change their lives like it changed mine. The program is very easy to follow. It offers challenges in different areas of life— physical, emotional, financial. It educates and motivates you to start or continue your journey to become a healthier and happier you. You can move at your own speed, you can select your own routes and activities, and you will see the progress you are making and even be rewarded. At the end, all of us want to be happy and Adventure2 can help to reach this goal.

Apart from Adventure2, what ISU WellBeing programming have you participated in? Any favorites?

I have participated in many webinars and virtual workshops that were offered by ISU WellBeing programming. My favorite was the Am I Hungry? Mindful Eating program that I participated in during spring 2020. It was very helpful and I strongly recommend this

program to everyone who wants to learn how to eat what you love and love what you eat.

How do you think ISU WellBeing programming contributes to the employee experience? How has the program impacted your own work life?

ISU WellBeing programming helps employees to find a healthy balance between work and life. As a result, the productivity and work satisfaction improve. That happened to me. I used to be more stressed about work, more demanding toward myself and others, more upset about mistakes I made. I was reminded by the program that life is much bigger than work. The more time you dedicate to your wellbeing, the better your work and life experience will become.

Has ISU Wellbeing programming impacted your life outside of work?

If so, how?

The ISU Wellbeing programming helped me understand how spoiled I was by the conveniences of life in the United States. You don't walk to a grocery store that is a mile away from your house, you drive there or get your groceries delivered. You don't need to get out of your car to deposit or take money from bank, you use a drive thru or an app. You can return books to the library or get medication without leaving the car. You can buy prepared food and just heat it up in a microwave.

I can go on and on about all the conveniences that life is offering in this country. It is good to have a convenient life, but we forget sometimes that we need to pay for it. We are paying, and not just with money. We are paying with growing numbers of people who are obese, suffer from diabetes, heart diseases, cancer, and depression. Maybe we need to look to other countries that don't have all these conveniences but where people are healthier and happier?

The programming helped me to look back on myself 25 years ago and return to the lifestyle when I was walking everywhere I needed to go, cooking from scratch, enjoying nature, meeting with my friends, and not being so stressed about work. I feel great, I look young, and I really like new old me.

READY TO START YOUR JOURNEY WITH ADVENTURE2?

Utilizing Adventure2, ISU's employee well-being program, is a great way to take care of your well-being and create healthy habits.

It's easy to get started. Just register using one of the options below with your @iastate.edu email and net ID:

1. Click on the **direct link to Adventure2: iastate.limeade.com**
2. **Download the LimeadeONE app** on your mobile device. Enter Iowa State University as your employer and follow the prompts.
3. **Visit the [ISU Wellbeing Adventure2 webpage](#)** and click Sign In.
4. **Add Adventure2 to your Okta apps** and join from there.

OUR HOLIDAY RESOURCE LIST

The holidays are a wonderful time to spend with loved ones, but we know that it isn't all cookies and presents. It's no surprise that for some of us, this time of year brings some

new and familiar stressors into our lives.

Keep reading for a compilation of resources that can provide guidance and assistance across different areas of your life this holiday season, including mental health, parenting, and finances.



Mental Health During the Holidays

From wanting to give the best gifts, make the perfect meals, and check every festive activity off your to-do list, the holidays can go from fun to stressful in no time.

The holidays can also be a dark time for those who may be affected by loss, family troubles, seasonal affective disorder, or something else. Below is a compilation of resources that may be helpful for different mental health concerns.

Watch Out for SAD this Holiday Season

Have you heard of SAD? **Seasonal Affective Disorder (SAD)** is a type of depression that tends to strike in the late fall or early winter.

It's more common than you may think— research shows that 10 million Americans are affected by SAD.

If you think you may be struggling with SAD, don't hesitate to ask for help.

[Find available resources here.](#)

Stress and Burnout

- **[3 Ways to Manage Holiday Stress and Be Fulfilled \(Psychology Today\)](#)**
- **[Stress, Depression, and The Holidays: Tips for Coping \(Mayo Clinic\)](#)**

Seasonal Affective Disorder

- **[Seasonal Affective Disorder Informational PDF \(National Institute of Mental Health\)](#)**
- **[Seasonal Affective Disorder Treatment \(Mayo Clinic\)](#)**

Grief and Loss

- **[Coping with Grief During the Holidays After the Death of a Loved One \(Ohio State Health & Discovery\)](#)**
- **[Working Through Grief During the Holidays \(Psychology Today\)](#)**

Family Concerns

- **[Holiday 'Hacks' for Dealing with Family Over the Holidays \(Cornell University\)](#)**
- **[How to Handle Family Conflict and Holiday Stress \(Verywell Mind\)](#)**

Parenting and Children

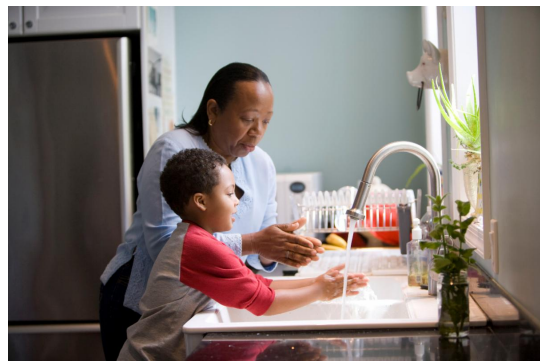
There's no such thing as perfect when it comes to parenting, but we encourage you all to adopt a mindset of "more joy, less stress" when it comes to your kids this holiday season! Below are a few tips that we hope will help you get through this season of parenting as smoothly as possible.



Sticking to a Routine

Breaks from school and differing schedules around the holidays can make it tricky to keep your child on a schedule. Check out this article to learn why routine is important and how to stick to one over break.

[Why Sticking to Your Child's Routine is a Good Idea During the Holidays \(Entirely Kids Pediatrics\)](#)



Holiday Chores

Lighten your holiday to-do list by assigning some tasks to your kids! This article shares appropriate holiday chores for different age groups that will help your child feel a sense of pride and accomplishment.

[Helpful Holiday Tasks That Kids Can Do \(PBS\)](#)



An Attitude of Gratitude

With children writing letters to Santa and receiving gifts, the holiday season is a great time to teach your kids about gratitude. Check out this article for some tips to model gratitude as a family.

[Nurturing Gratitude \(Zero to Three\)](#)



Shopping Safety

If you have children in your house, you know safety is a top priority when bringing new things into the home. Check out this article for some things to keep in mind when holiday shopping this year.

[Four Tips for Black Friday and Holiday Shopping \(Safe Kids Worldwide\)](#)

Free TIAA Workshops

Get registered for upcoming TIAA workshops at **www.tiaa.org/webinars**

Tax Planning

Considerations

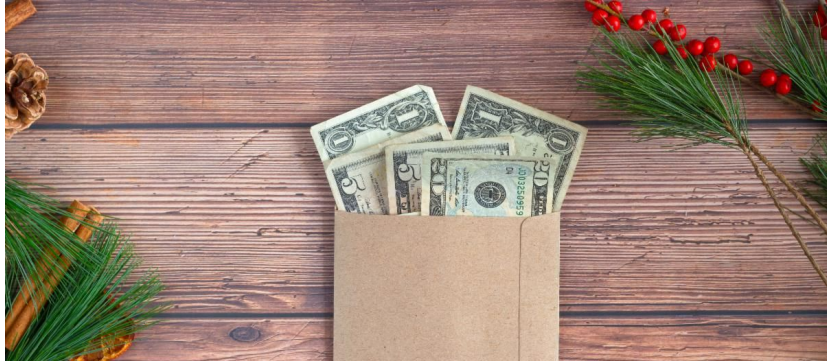
- December 8 at 11 a.m.

Write Your Next Chapter- Five Steps to Setting Your Retirement Date

- December 8 at 2 p.m.

At Your Fingertips: Manage Your Money from Wherever You Are

- December 14 at 2 p.m.



Financial Stress

We don't need to tell you that the holiday season can put a strain on finances. From purchasing gifts to partaking in holiday activities, these tend to be high-spend months for many people.

While there are some things you can do that will directly impact your holiday spending habits (below), it also doesn't hurt to take a look at your overall financial situation during this high-spend season (left)!

- [How to Make and Stick to a Holiday Budget \(The Balance\)](#)
- [Adventure2 Challenge: Be Smart with Your Money](#)

ENGAGE is an ISU WorkLife/University Human Resources publication. If you have comments, questions or suggestions for story ideas, please email worklife@iastate.edu.

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