

## **Adventure2 Spotlight:** **Barbara Woods, Ph.D., CFCS**

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### **Do you participate in the ISU WorkLife and WellBeing live programming (Mid-Morning Mindfulness, webinars, etc.)? If so, how have they supported your well-being?**

I have and do participate in live programming. I like to have balance in my life. This means having time to “just do nothing” or do something which hopefully is fun and/or relaxing. The programs provide me with opportunities to select specific dates and times to step away from ongoing activities of the “to-do” list, back-to-back meetings and many unscheduled requests.

### **What do you most enjoy about the live programming?**

I enjoy the ability to see faces, have conversation and make connections that sometimes lead to other opportunities to be cooperative. I like to know that others from across the university find value in having WellBeing as part of what makes our work environment better.

### **How have these live events impacted your life?**

Several programs that I’ve participated in have helped me to improve healthy eating habits and see how some encounters can change my day. I like being mindful with eating while enjoying tasty foods. Mid-Morning Mindfulness is one of my most favorite programs. That 15 minutes is priceless. I can’t control others but I can control how I let things affect me. My ability to use mindfulness practices brings calmness to my life.

### **Would you recommend participating in ISU WorkLife and WellBeing programming to your colleagues? If so, why?**

Yes. I have recommended the programming to colleagues. In conversations with some of them, I’ve heard about their participation. Like myself, I’ve heard that they are working to make the programming a habit, not an afterthought.

### **Do you participate in Adventure2? If so, what do you enjoy most about it?**

I do participate in Adventure2 and have for multiple years. I like the variety of options. I like that I can do things that don’t take lots of time and but do require commitment to achieve the activity’s goal. Incentives are not my reason for participation. But, I do enjoy receiving the items.

### **How has Adventure2 impacted you in your work life?**

I believe that Adventure2 has helped me be more realistic in how to approach handling work requests that come to me as “urgent.” I’m better able to access

resources and practice techniques that help me to moderate my attitude.

### **How has it impacted your life outside of work?**

For my life outside of work, I've reduced overscheduling my time. I'm much better at saying "no" and don't fret about my choice.

### **Do you have a favorite thing about Adventure2?**

I love the WellBeing Assessment tool. It really helps me see where some work will make a difference in my overall well-being. I like that most of my choices are achieved without extra equipment and expense.

### **Would you recommend Adventure2 to other employees? Why or why not?**

Yes. I've made suggestions to ISU friends and some now participate in Adventure2.

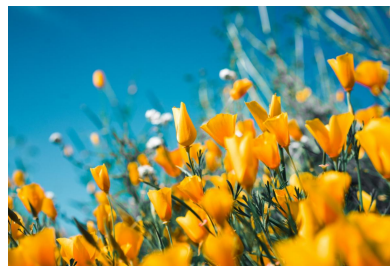
### **Anything else you would like to share with our ISU Community?**

Both the interior of buildings and the outside landscape present fabulous environments where you can take moments/minutes to slow down, see something unique and be inspired to do things to that make you feel good.

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## **Kick Off Spring with Adventure2**

Spring is a time for change and new beginnings. Thanks to extra daylight, warmer weather and the chance to spend time outdoors, there are endless ways to ring in this new season and start fresh!



Let's check out some [Adventure2](#) activities that can help you start this season off on the right foot.

### [Spring Friday Walk and Talks](#)

One of the best things about spring is the evidence of a new cycle beginning in nature: the grass is greener, flowers are blooming and the birds are singing! Take in your surroundings by participating in a Spring Friday Walk and Talk.

**Every Friday at 12:10 p.m.**, meet your colleagues on the front steps of Beardshear for a one-mile walk around campus. Earn 20 points for each walk you participate in.

### [Take a Break from Your Devices](#)

Let's spring clean your digital habits! A good way to start fresh in your personal life is by stepping away from your devices and getting outside, reading a book or connecting with a friend. It's important to take some time away from the constant push of messages, updates, news and other potential stressors. Think about some boundaries you could establish, like turning off your phone during meals or not having your phone in your bedroom.

Try taking a break from your devices once a week to earn 25 points in Adventure2.

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## **Do you work at Veterinary Medicine?**

[Check out this new opportunity.](#)

Here's another way to get outdoors and welcome spring! ISU WellBeing has been offering Friday Walk and Talks on central campus for a while now. We know that not everyone works on campus, so we are excited to announce the start of Monday Walk and Talks at Vet Med!

**Every Monday through May 28**, meet your colleagues in the **College of Veterinary Medicine Gentle Doctor Courtyard at 12:10 p.m.** for a fun Walk and Talk!

If you complete a Monday Walk and Talk at Vet Med, please feel free to track this in Adventure2 under the Friday Walk and Talk challenge. A separate challenge is coming soon.



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## Division Step Challenge Update

The **Division/College Challenge: Step It Up** is available now in Adventure2 and open to everyone. If you want to get your division on the leaderboard, get your colleagues together and start tracking 10,000 individual steps per day for a total of 70,000 weekly. Your step count will be added to your division's total.



It's not too late to join the challenge! Get your colleagues together and start tracking steps today!

**At the time of this newsletter's release, the top three divisions were:**

- 1. ITS (Information Technology Services) with 415,747 steps**
  - 2. LIB (Library) with 290,354 steps**
  - 3. V Med (College of Veterinary Medicine) with 280,900 steps**
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## Child Care Updates

### On-Campus Workspace for ISU Parents

Have you heard about the Family-Friendly Room (FFR) in Parks Library? The FFR is a place where ISU faculty, staff, postdocs and students with young children can work or study while keeping their children entertained!



The room is located on the lower level of the library and is large enough for two adults and six children. Parents can utilize the two adult workstations with universal docking stations, black and white printer, whiteboards and markers for their studies, while their children learn and play with toys and computers equipped with

educational software.

Parents must have their children with them in order to use the FFR and reservations are required. You can reserve the room [here](#).

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## Week of the Young Child

Did you know that we are in the middle of Week of the Young Child? This celebration of early learning and young children occurs every April, and is currently running April 2-8.

The National Association for the Education of Young Children (NAEYC) sponsors the week every year. The intention is to encourage the public to turn their attention to the importance of early years and the needs of young children and their families, as well as recognize early childhood programs and services.

*"Today we know more than ever before about the importance of children's earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing.*

*The Week of the Young Child® is a time to recognize that children's opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning." (from [naeyc.org](http://naeyc.org))*

**How can YOU celebrate the Week of the Young Child? Click [here](#) for the full activity recommendation list!**

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## Let's Hear It for the Providers!

**Provider Appreciation Day 2022 is Friday, May 6.** Let's plan ahead so we can celebrate our child care providers in style!

We can likely all agree that the COVID-19 pandemic has given us a new sense of appreciation for our child care providers. But pandemic or not, child care providers are absolutely essential to our daily lives.



On May 6, we encourage you to recognize the child care providers, teachers and educators in your life. Here are some simple ways to do that!

### **Just say thank you.**

Child care can often be a thankless job, so sometimes the best thing to do is just say "thank you!" You can write a note, say it in person or [submit a video/testimonial through the official Provider Appreciation Day site](#).

### **Gift a small act of kindness.**

A gesture of appreciation doesn't have to be big and expensive! Consider gifting your child care provider a small act of kindness, like a gift card for their morning

Starbucks fix, lunch delivery to make their day easier or a drawing from your child to lift their spirits.

### **Give the gift of time.**

Caring for kids is exhausting! Not every parent will have the option to do this, but if you have an in-home provider, consider giving them a paid afternoon (or day) off if you can. Encourage them to partake in some self-care during their PTO.

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## **Opportunity to Participate in a Resistance Exercise Training Study**



Participants are needed for a study in the Wellbeing and Exercise Laboratory! The purpose of this study is to understand how resistance exercise training influences mental health and brain blood flow.

Exercise training has been shown to be as effective as antidepressants for treating depression in past research, though little of this past research has focused on resistance training.

Adults with clinical depression that participate in the study will get free personal resistance training and brain blood flow assessments over the course of 16 weeks, with a follow-up 10 weeks later. **All visits will be held on campus in the Forker building.**

### **Who can join?**

- Individuals with Major Depressive Disorder (MDD)
- 18-64 years of age
- Additional criteria will be assessed later

### **What to expect?**

- Resistance exercise training 2 days/week for 16 weeks (1 hour each)
- Four assessment visits across 26 weeks (2.5-3 hours each)

### **Benefits:**

- Access to state-of-the-art exercise equipment
- Tailored workout plans
- Personalized health reports

**If you believe you may qualify for this study and are interested in participating, click the link below to fill out the screening survey. Limited spots are available.**

[\*\*Screening Survey\*\*](#)

