

**Adventure2 Spotlight:****Mindy Moeller**

Conservation Treatment Assistant, Preservation Department at Parks Library.

**What made you start participating in Adventure2?**

To do things to get more active, improve myself and meet other people from around campus.

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

Adventure2 has many activities we know we should do, but do we actually? It helps me “do” those things by keeping track of them and being accountable. It’s anything from tracking your finances or walking, to being more energy efficient by turning the lights off at home or in the office. I like the variety of things you can participate in. It’s not just eating and exercise.

**Do you participate in the ISU WorkLife live events? If so, which ones?**

I participate in the Mindspring (formerly NAMI of Greater Des Moines) sessions, EAP and EFR webinars, Meditation 301, WorkLife Connections and Mid-Morning Mindfulness. I just started the Everyday Inspiration sessions on Thursdays, and have done a couple of the Cyclone Family Network events. The little bit of time I invest in these sessions helps me get through my days easier. I feel better about myself, which in turn makes me more productive.

**What made you start participating in the live events?**

Since my husband died suddenly in March of 2020, and in April I was asked to stay home from work because of COVID, I reached out to the live events so I could meet and interact with other people. I enjoyed going to the live events that Stephanie Downs has presented in the past and meeting other people from campus.

**What do you get out of the live events? What do you most enjoy about them?**

The first things are personal well-being, improving myself and becoming a better person. The Meditation 301 with Dr. Douglas Gentile has been one of my favorites. Learning how to meditate was something I always wanted to do, but never took the time to learn. Stephanie Downs, Sue Tew-Warming and Keri Guy are all so easy to talk with. And Joleen Frideres always has great sessions to listen to. If I miss sessions, they are recorded and I am able to go back and listen to them when time permits.

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

They have greatly helped me get through some of the worst days of my life this past year. Days where I was so depressed and I had a hard time functioning, but I



still looked forward to meeting with everyone at those online meetings. They helped bring peace and purpose to my life and are my Cyclone family.

**Has the COVID-19 pandemic impacted your participation in the live events?**

I feel that because of COVID-19, I have participated in the live events more than I normally would have. I was so busy at work before the pandemic, and working from home gave me the opportunity to attend more online activities. Each day, I know I will carve out just a little time for myself with an online session and then I'm ready to get back to work.

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

Yes, I would! We all have our own personal struggles, and I think everyone can find something that can help them from the ISU Worklife Connections sessions. I think it is an excellent opportunity for people to help themselves, even if it is just a few minutes each day. Because of what COVID-19 has done to all of us this past year and a half, we are not the same people we were before and need this more than ever on campus. I think they are important services for all of us and we need to make the time to use these valuable resources.

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## Pathways to Fall Gatherings

We have one more Pathways to Fall gathering scheduled for **Monday, August 9 from 11 a.m.-1 p.m.** on central campus in front of Beardshear.

**As the prize for our last gathering, we will be giving away ISU sunglasses to the first 100 people!**

You won't want to miss out!



Thank you to everyone who came out to our previous Pathways to Fall gatherings on July 16, July 22 and August 3. We've had a lot of fun connecting with the campus community, and we hope you have too!

### Praise for Pathways:

**"Just wanted to provide some positive feedback that this was awesome today! Good for the morale on campus and looking forward to future festivities!" - ISU Employee**

**Here's some, but not all, of the fun that happened at the gatherings so far:**

**Live music from the Indigo Monks, a local jazz ensemble, on July 16!** Special thank you to the band for sharing your talent and providing us with such great entertainment.



**Free chair massages to help you relax!** This was available at all of the gatherings, and will be offered again on August 9. Thank you to the massage therapists from Relax Naturally and the students from PCI Academy for joining us.



**Prizes were handed out!** The prizes consisted of ceramic coasters, cups, tote bags, keychains and sunglasses— all ISU themed!



# Journey with Mindfulness: Welcoming a Fresh Start in 2021

It has been quite a year! Many have felt overwhelmed, unsure and just plain stressed out. One way to welcome a fresh start is to explore mindfulness practices. Mindfulness can bring awareness to what is important to you, help you connect with the people and world around you and bring you into the present moment. The offerings below are designed to help you learn about and experience the many benefits that mindfulness has to offer.



Research has shown that regular mindfulness practice can boost your immune system, improve concentration, reduce stress and help you to be less reactive in difficult situations. Your mindfulness practice can be sitting, moving, inside, outside, in silence, with sounds, by yourself or with a group. It's all about exploring the opportunities and deciding what works for you and fits into your lifestyle – then take action!

For 2021, ISU WellBeing will continue to create opportunities to explore various mindfulness practices. Join us on this journey as we welcome a fresh start by learning and experiencing the many benefits from a regular mindfulness practice.

## **Mid-Morning Mindfulness**

- Tuesdays & Thursdays at 10-10:15 a.m., new series starting September 7
- Click [here](#) to register

## **Meditation 301: Beyond Mindfulness**

- Mondays at 2:30-3 p.m., new series starting September 13
- Email [worklife@iastate.edu](mailto:worklife@iastate.edu) to receive a registration

## **Am I Hungry? Mindful Eating Program**

- New opportunities coming fall 2021

## **Wholehearted Living Lunch and Learn**

- New opportunities coming September 2021

## **NEW: Strolls for Well-Being at ISU**

- Launching fall 2021

## **Beginning Your Mindfulness Practice**

- New opportunity coming November 2021

**For more information, click [here](#).**

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## **Adventure2 Year 4 is Almost Over!**

Can you believe another year of Adventure2 is almost over? Year four will wrap up on **August 13**, so be sure to finish strong and get all your points in beforehand.

The last day to submit points is **Sunday, August 15**. Adventure2 will then go on a short break before starting up again on **September 7**.

In the meantime, [log in](#), finish strong and track your points every week!

## — ADVENTURE2 —

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### WorkLife Connections

#### Fall and Back to School Transitions

- Wednesday, August 11 from 2:30-3 p.m.
- Click [here](#) to register

Back to school in 2021 brings all kind of transitions. Join the Iowa State University Extension and Outreach Science of Parenting team and come hear a few tricks and tips for making it as smooth as possible for you and your children!



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### Back to School (and Work) Anxiety

"Children heading back to the classroom this fall — as many of their parents head back to the office — will face unusual challenges. One of them is anxiety about being separated from their families after months of parents working at home, often with kids alongside. For some kids it will trigger separation anxiety. And some may be worried about the continuing risks of the coronavirus pandemic, as masking and distancing requirements are relaxed but not everyone is protected." (Child Mind Institute)



To get some tips on how to help ease children into the transition and support them along the way, click [here](#) to read the full article entitled *Back to School (and Work) Anxiety* from the Child Mind Institute.

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### Learn@ISU Course: Building An Effective Team

#### Building an Effective Team

- Thursday, August 12 from 1-3 p.m.
- Register in [Learn@ISU](#) (Log in, click Schedule and go to August 12. Open the course and click Register)

LEARN@ISU

How do you build an effective team when you are surrounded by others who may think, behave and see the world differently? This session offers participants the opportunity to learn what makes an effective team, the challenges that can get in the way and specific skills that each team member can practice on a day-to-day basis to improve relationships and team performance.

**Course Objectives:**

- Build a vision of an effective team based on members' own values and experiences
- Review the natural stages of team development
- Examine the barriers to effective team communication
- Learn practical communication skills that each team member can apply to improve team relationships

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