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Wellness refers to complete health, rather than just your physical health. Wellness is not only being free of disease, illness, or stress but also having a purpose in life, being emotionally healthy, taking an active involvement in your work and in your leisure time, having joyful relationships and being happy.  Wellness involves all aspects of your life

comes to us us with a very strong background in supporting students and staff at a variety of grade levels and we are excited to have her join our team and support employees and their families.

**Contact Us**
**Employee Assistance Department:**

could be a shift from eating lunch out most days to instead meal prepping each weekend so you have something to bring with you for lunch each day.

- Focus on the Positive. While we're hard-wired as humans to pay more attention to the negative, it's important to take a step back and remember what we miss about working on campus. Was it a quick lunchtime walk or maybe catching up with colleagues each morning? Remembering what previously brought you joy each day can help make the transition easier.
- Be Considerate and Aware of Others. One thing we've learned from the pandemic is that everyone's comfort and safety level is different, and the transition will affect us all in very different ways. Furthermore, please be sensitive and aware of the unique stress of employees with marginalized identities. Many people with marginalized identities have enjoyed less of a need to conform to majority culture appearance standards and greater protection from the trauma of microaggressions. Returning to in-person work for many brings increased anxiety

- Reach out for Help.

Being financially well means you can meet your current and ongoing financial obligations, feel secure in your financial future, and are able to make choices that allow you to enjoy life – in other words, financial freedom.
However, data shows that personal finances continue to be a leading cause of stress for many Americans. Financial stress occurs when there is uncertainty around finances, a sense of worry about the future, and a lack of security. Like most types of stress, this can impact your:

- Ability to sleep
- Physical health
- Emotional health
- Relationships
- Performance at work
- Family life

If you have or are currently experiencing financial stress, you're not alone – there are many resources and professionals available to help and it's going to be okay. Getting to a place where you are financially well takes time but it's never too late to start thinking about your finances.

# The Basics of Financial Literacy

## What is financial literacy?

Financial literacy means having a basic understanding of how to handle money matters like saving money, paying bills, debt management, investing, etc.
Financial well-being begins with understanding how to manage your money. Boosting your financial knowledge increases your ability to make good financial decisions for you and your family.

## Self--