

AUG

2026

WELL-BEING

Bulletin

EVENTS

8/4 - BACK TO SCHOOL BINGO: NURTURING YOUR CHILD'S MENTAL WELL-BEING

8/5 - PHONE BOUNDARIES: RECLAIM YOUR ATTENTION

8/8 - MIEA MINDFULNESS RETREAT

8/11 - MINDFUL WALK IN THE GARDEN

8/11 - NUTRITION WITHOUT NOISE: UNDERSTANDING PLANT-BASED FOODS

8/19 - UNDERSTANDING MEDICARE AND SOCIAL SECURITY WITH CAPTRUST

8/20 - HABIT HACKS FOR SUSTAINABLE CHANGE

8/27 - THE LAZY DIETITIAN: LAZY WAYS TO TRANSITION TO FALL

NEWS + NOTES

Becoming Wildly Resilient

Each month will explore a different well-being topic through practices and meditations. You will learn how to increase your resilience by improving your physical, mental, emotional, nutritional and financial health.

This month's topic: Mattering

Practice The power of mattering: Feeling seen

Meditation You matter: A meditation on being seen, needed and valued



Scan this QR code to see a list of Becoming Wildly Resilient podcasts and vodcasts. You can find them [here](#), on our website or anywhere you download your podcasts and vodcasts.



Have you visited the Well at UK portal? Learn more, including how to register, at hr.uky.edu/well-uk.

CHECK THIS OUT!

Take **5** to FOCUS

Pause. Reset. Re-energize your day.

The Take 5 To Focus challenge supports your well-being and stress management by encouraging short, mindful pauses throughout your day.

Refocus and recharge by listening to guided mindfulness exercises provided on your Well at UK portal.

Listen to a maximum of **five recordings each week for a total of 18 recordings** throughout the challenge and be entered in a drawing to win \$500.

Registration will be open Aug. 3-16. You can register on the [Well at UK portal](#).

The challenge runs Aug. 17 through Sep. 13!

We're excited to support you as you refocus and recharge!

Work-life and well-being: hr.uky.edu/work-life-and-well-being

Calendar: hr.uky.edu/calendar