

FOCUS ON FULFILLMENT

TOPIC OF THE MONTH: "BELONGING"

Accumulating evidence demonstrates both the negative health impacts of loneliness, and the positive (physical and mental health) effects of connection and caring. Given how much of our awake time is spent at work, nurturing collegial relationships is key to professional well-being. Having friends at work also makes it a lot more fun!

MANAGE YOUR UF "GATOR PERKS":

An important part of belonging to the Gator Nation is access to the variety of HR benefits. Many employees are unaware of the various options available for health insurance, retirement, service discounts, and other perks. Drop into the COM-HR Virtual Benefits Assistance on **Tuesday, October 12 between 9am-11am** to receive personal assistance from your COM-HR Specialist in order to get your questions answered and make the most of your benefits (as open enrollment begins):

Zoom ID: 916 1206 1569

<https://ufl.zoom.us/j/91612061569>

WAYS TO ENHANCE BELONGING:

COMMENSALITY WITH COLLEAGUES

- *Sharing a meal together is one of the best ways to encourage connection. Invite a [vaccinated] colleague to join you for [an outdoor] lunch or coffee. You will return to work nourished in multiple ways!*

FIND YOUR BUDDY / VILLAGE

- *It's important to have a person (or small group) that you can be honest with about your goals and your struggles. These support people are needed both at work and outside of work to encourage you and to celebrate with you.*
- *The UFCOM WIMS Group is launching a new round of peer-mentoring "villages" that meet monthly to provide connection and support. Some groups may be open to all genders and/or include non-faculty participants. [Click to sign up](#) or start your own group!*
- *Dozens of other UF/Gainesville affinity and interest groups can be found by [clicking here](#).*

SHOW UP!

- *Make a point to participate in department/COM/UF events!*



RESOURCE SPOTLIGHT:

Faculty Lounge

The Faculty Council worked hard to create a lounge for faculty in the Shands Hospital North Tower (Room M-125 in the "Deans' Hallway"). Stop in for free coffee/tea/hot chocolate and a chance to meet other faculty.

RECOMMENDED VIDEOS:

In this popular TED Talk, psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others (14 min). [Click to watch](#) -->



'Look Up' teaches us that, despite having more and more ways to facilitate connection with one another, if we're not careful, it's easy to end up spending more time alone (5 min). [Click to watch](#) -->

