



UToledo Wellness Resources for Managers

What does being well mean?

There are 8 dimensions of wellness that often define well-being programs and practices. These include physical, emotional, spiritual, financial, intellectual, occupational, social and environmental. Learn more details about these dimensions by reading [this journal article](#).

The important thing to recognize as a leader is how these dimensions are interconnected and how a person achieves balance between them can vary. An imbalance can cause disruption in everyday life, including their work. Therefore, leadership support for employees to work toward the balance of these dimensions has a positive impact on an employee's work.

Although the workday can't be filled with so many well-being activities that it disrupts the important work that also needs done; it is important to encourage sprinkle opportunities into their day.

Ways to support well-being throughout the workday

- Implement walking or standing meetings
- Ensure employees have the option to eat lunch away from their workstation
- Encourage 10-minute walk breaks
- Support flexible work schedules in accordance with the campus policy

