Dear UAA Staff,

You frequently hear me remind you to be safe: Wear your spikeys in icy weather, drive safely on holiday weekends and be prepared for beautiful but challenging Alaska. Safety mindfulness makes a big difference in accident rates and subsequent costs. Prevention is always worth a pound of cure.

That’s also true in wellness.

The UAA Staff Council and HPER (UAA’s Department of Health, Physical Education & Recreation) are collaborating on a stress-relief pilot project this semester. Beginning this month, the project will support 15-minute stretch and breathing breaks across the campus workday, led by UAA students. Instead of leaving campus for their required practicum hours, these HPER students will earn their credits by helping UAA staff relax and take a wellness break.

I encourage supervisors to participate and to recommend it to their teams. If it’s successful, there may be more opportunities in the spring. You can influence future offerings by taking this survey on your wellness interests.

Have a great week!

Tom Case