

As a manager, you help set the tone of the workplace environment. Awareness of your team's well-being is vital to everyone's success. NC State University defines wellness as "the connected and interactive combination of six elements that foster a balanced, holistic life. This is achieved by having: a love for what is done each day, security of finances, vibrancy of physical health, self-awareness and emotional resiliency, quality relationships, and pride in what is contributed to our communities ([wellness programs, eod](#))," aligning with the mission and vision of NC State University, DELTA and NCSCaLE.

*NC State University Wellness Strategy: NC State's wellness strategy is designed to build a thriving Pack at all levels of the university. With a focus on **programs and services**, fostering community, academics and awareness, we work to transform wellness within the Wolfpack. Developed by the Wellness Advisory Committee in 2020, our six-element strategy is rooted in socio-ecological health models as well as organizational and higher education literature.*

DELTA/NCSCaLE Wellness Mission: Educate, support, and empower employees within DELTA and NCSCaLE to explore healthy lifestyle choices by fostering interest and engagement in diverse wellness programs, sharing well-being-focused resources, and inspiring employees to own and value their well-being.

DELTA/NCSCaLE Wellness Vision: We envision that all employees prioritize their wellness through open and honest communication and increased awareness of the importance of a healthy lifestyle.

NC State University Wellness Plan

HR Wellness aspires to build a thriving Wolfpack employee community by offering staff and faculty members opportunities to learn about NC State's six elements of wellness and reach their healthy lifestyle goals. We will write about wellness topics in the HR newsletter and other university sources, provide wellness resources on this webpage, and organize events for employees to learn about wellness and participate in wellness activities. We aim to provide wellness resources, programs, and services that support employees whenever and wherever they are to foster work-life balance, learning opportunities, pursuit of passions, and community (<https://hr.ncsu.edu/benefits-and-wellness/wellness/>).

How can I be successful in promoting wellness within my team?

- Review the six elements of wellness and consider where you or your employee may benefit. DELTA/NCSCaLE wellness and University Wellness share resources and provide opportunities that align with your values and goals.
 1. **Purpose** - Regularly engaging in meaningful and satisfying work that aligns with personal values and goals
 2. **Financial** - The awareness of current financial position and budgets and having resources to meet basic needs by saving and spending wisely
 3. **Physical** - Managing health through regular exercise, eating a balanced, nutritious diet, and maintaining adequate sleep
 4. **Emotional** - The ability to be self-aware and cope with challenges and needs while developing overall resiliency
 5. **Social** - Develop supportive networks by cultivating new or existing relationships.
 6. **Community** - The opportunity to contribute and connect individual passions and strengths that foster a safe and supportive environment

What are some actions I can take now?

- Explore the elements of wellness further and encourage your employees to find resources that support their values. **Below are links** that may assist you in providing resources for you and your employees.
 - **Element 1: Purpose**
 - Committees
 - Craft Center
 - FASAP Guidance Resources NC State Web ID: FASAP
 - Learning and Organizational Development (L&OD)
 - Our Extraordinary Pack – Recognition and Appreciation at NC State
 - Tuition Waiver
 - Wolfpack Mentoring
 - **Element 2: Financial**
 - CAPTRUST
 - Child Care
 - FASAP Guidance Resources NC State Web ID: FASAP
 - PNC Bank
 - State Employees Credit Union
 - TIAA
 - WolfPerks Program
 - **Element 3: Physical**
 - Campus Health, Campus Smiles & Campus Pharmacy
 - Eat Smart Move More Weigh Less
 - Employee Wellness Wednesdays & Flourish Fridays
 - Flu Shots
 - HR Wellness

- Lactation Rooms
- Maternity Resources
- Miles for Wellness – Walking Program
- NC State Dining
- Nutrition Counseling
- OSHR Wellness
- Tobacco Cessation
- Wellness and Recreation Center
- Wellness at the Libraries
- Wellness Challenges
- **Element 4: Emotional**
 - Burnout/Work-Life Balance
 - FASAP Guidance Resources; NC State Web ID: FASAP
 - Headway Mental Health Care
 - Lighten Your Pack
 - Non-Student Wellness Coaching
 - Previously recorded wellness webinars
 - QRP (Suicide Prevention) Training for faculty and staff
 - Resilient Pack
- **Element 5: Social**
 - Committees
 - Craft Center
 - Creating Connections
 - DELTA Activities Committee calendar
 - Faculty Senate
 - FASAP Guidance Resources, NC State Web ID: FASAP
 - NC State Live
 - NCSCaLE Activities calendar
 - Osher Lifelong Learning Institute
 - Our Extraordinary Pack – Recognition and Appreciation at NC State
 - Staff Senate
 - Wolfpack Wellness Badge Program
- **Element 6: Community**
 - Agroecology Education Farm
 - Community Service Leave
 - Earth Month (April) at NC State
 - Gregg Museum of Art & Design
 - Literacy Community Service Leave
 - NC State Athletics
 - NC State's Waste Reduction and Recycling Office
 - Office of Global Engagement
 - Osher Lifelong Learning Institute
 - Tutoring/Mentoring Community Service Leave
 - Volunteer Opportunities on Campus

- Well Wolfpack Certified Organization
- Wellness Champions

Additional Resources:

- [Employee Wellness Toolkit](#)
- [Aetna LifeMart](#)
- [Aetna 24-Hour Nurseline](#)
- [Wolf Perks](#)
- [Programs and Services](#)
- DELTA and NCSCaLE Wellness Champion Committee
- Join the #Wellness Slack Channel
- [DELTA and NCSCaLE Wellness Coloring Book](#) located in DELTA and NCSCaLE wellness rooms