The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

Friendship has been observed to protect people from dementia, add years to lives, lower stress, aid in recovery, and help good habits stick. Social relationships are very important to our human nature.

Take a break with friendship: Social wellness.

Engage the people at your table. What kind of social relationship do you have with them? Consider how you could make these relationships more enjoyable or fulfilling. Focus on **listening** to how your colleagues share the details of their lives, great or small.

- What is great? (In your personal, professional life?)
- What’s the best picture you have on your smart phone or in your home? Will you share it?
- Pumpkins... food or decorations?
- Cake or pie?
- Favorite smell? Song? Color?

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center