Maintain a Balanced Lifestyle

- Manage work hour reductions by enrolling in UCI’s Employee-Initiated Reduction in Time (ERIT) Program.
- Stay balanced with desk stretches, proper nutrition, and physical activity.
- Contact the UCI Employee Assistance Program (EAP) for confidential counseling services.
- Take deep breaths— with your abdomen, not your chest— to help curb workday stress.
- Learn more to perfect balance with UCI’s Living Well Programs and Worklife & Wellness Health Resources page.

Work Safely

- Help prevent hazards in the workplace! Enroll in UCI’s Safety on Site (SOS) Program.
- Practice healthy desk ergonomics to avoid aches: Sit up straight with both feet firm on the floor and set your computer at eye level.
- Play a game, draw, meditate, or try aromatherapy to de-stress at UCI’s Wellness Room.
- Practice proper body mechanics and ergonomics when lifting and exercising to prevent strains.
- Report safety hazards in your workplace immediately.
- Take precautions to avoid illness and prevent transmission should you become ill.

SEPTEMBER

www.wellness.uci.edu