

# University of Northern Iowa

## Wellness and Recreation Services Student Employee News

Volume 1, Issue 2

April 17, 2009

### *Be in the Know:*

- De-Stress Days:  
Mon. May 4 - Wed.  
May 6. 11AM - 2PM.  
Maucker Union.  
Free mini massages,  
animals from Cedar  
Bend Humane Soci-  
ety, Labyrinth, and  
more.
- Signup for summer  
fitness classes  
begins April 23rd.  
Classes begin May  
11 and go through  
July 31.
- Lifeguard Training  
May 15-17 and May  
22-25. Sign up in  
the 101 WRC office!
- Have your CPR  
renewed May 11th  
4pm-7pm. Email  
certifications@uni.edu  
to sign up.

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### **Thanks for a Job Well Done!**

Not just because we are wrapping up National Student Employee Recognition Week and the end of the school year, but because we WRS staff have been truly pleased and appreciative of your quality work this year. Participation numbers in all WRS programs increased this year. The WRC, recreation fields, and Health Beat have been BUSY places with thousands of UNI students, faculty, staff and retirees having healthy fun, activity and leisure.

You can't imagine how important and helpful it has been to have students who show up for work on time, who pay attention to the details of the job, and who display a smile and positive attitude at all times. There are so many of you, I know I don't get a chance to personally thank each of you but please know that I am very grateful for the many ways that you make the work of my professional staff easier and service our campus well.

I wish you success as you complete your academic coursework. I do care about your "jobs" as students, too!

*Kathy Green*, Director  
Wellness and Recreation Services



### **Student Employee Recognition**

The following student employees have been recognized by the professional staff for going above and beyond in their WRS jobs! Thank You!!!

*Sam Braband, Brent Carmichael, Brian Denlinger, Brittney Jobanningmeier, Kyle Knipper, Jason LaPage, Drew Matzen, Beth Nybeck, Jared Parker, Brady Randall, Liz Thacker, Alison Treanor, Jon Wangler and Erica Wegner*

Congratulations to Heidi Swailes, a campus student employee recognition finalist This year!!!!!!

### **Earth Day Celebration**

Wed., Apr 22, 10am-2pm  
Maucker Union Courtyard

- Free Bike Tune-Ups, 10am - 3pm, provided by Europa Cycle and Ski, sponsored by WRS
- Educational exhibits and activities
- Botanical Center tours
- Environmental job/career booth
- Grilled Food
- 5K Walk/Run, 1pm
- Bring 1 lb of recyclables for a free t-shirt or back pack (while supplies last), no tin or glass



## An Attitude of Gratitude

Emotional wellness includes the ability to understand our feelings, accept our limitations, and maintain emotional stability. Having an attitude of gratitude contributes to emotional well-being. With such an attitude, we are able to move ahead with energy and optimism rather than worrying about failure.


As M.J. Ryan discusses in her book *Attitudes of Gratitude*, we often become so well trained to notice what is wrong with any given situation, work experience, or relationship, that it becomes easy to overlook what is right. We begin to focus on the flaws and imperfections and try to figure out how to prevent them from happening again. Rather, Ryan encourages just the opposite. She instructs readers to look at what is working and spend time thinking about how to keep things working.

Take a moment to revel in what *is* going well in your life or what brings you gratitude. Think about the hobbies you enjoy, the smells of the spring air, a warm greeting from your dog, or a call from an old friend. Such simple things can unlock the fullness of life and turn what we have into enough, and more. Gratitude is the “no strings attached gift” that doesn’t cause us to work at feeling thankful, we just are.


### Ideas for Gratitude:

- Begin a personal journal. Each night take time to think about what went well during the day and write about it. Soon enough you will have a journal full of gratitude that you can refer back to when you need a gratitude boost!
- Send Thanksgiving cards to express gratitude and joy for what each person has done in your life.
- Create a gratitude journal for a loved one. Write down special memories you shared or what you are thankful for in that person. Include photographs or memorabilia.

If you would like to check out the *Attitudes of Gratitude* book, please call Deedra Dahlager, 273-7162, at the Wellness Resource Lab, WRC 104.



## FYI...



-Student Employment: As Financial Aid is awarded, remember to accept a work/study award if it is offered to you. And let your supervisor know as soon as possible that you have a work/study award for next year.

-Mark your calendars for Fall Training Day!!! August 21st

-The building will be close Saturday May 9th, Summer Hours begin May 10th.

-Did you know we have a massage therapist in the Wellness Resource Lab during the summer!!! Call 319/273-6119 to schedule an appointment.

**“Sometimes when we are generous in small, barely detectable ways it can change someone else’s life forever.” -Margaret Cho**

“If you haven’t got all the things you want, be grateful for the things you don’t have that you don’t want.” --Anonymous

## SUDUKO

9				6				3
1		5		9	3	2		6
	4			5				9
8						4	7	1
		4	8	7				
7		2	6		1			8
2								
5				3	2		9	4
	8	7		1	6	3	5	

### UNI Panther Pick Up: A new life for your old stuff!

*Get rid of your stuff! Help the environment!  
Benefit your community!*

Instead of tossing unwanted items, donate them to local charitable organizations during **Finals Week**. St. Vincent de Paul, Goodwill, and the Salvation Army will have trucks at several convenient locations on and off campus to help you with your “stuff”.

#### Items being collected:

- Furniture, clothes, shoes, dishes, and many other usable household items.
- Children’s books and textbooks for reuse in other countries.
- Unusable/broken metal items for recycling

Trucks will be located on campus Wed- Fri of Finals Week, 1 – 4 p.m., and off campus at the corner of Olive and 22<sup>nd</sup> St., the end of April and end of May. See [http://www.vpaf.uni.edu/energy/energy\\_sub/initiatives.shtml](http://www.vpaf.uni.edu/energy/energy_sub/initiatives.shtml) See [uni.edu/energy](http://uni.edu/energy) for details on times and locations.

