

THRIVE

Faculty & Staff Wellness Newsletter

Welcome to *Thrive*, a resource for Faculty and Staff to enhance their wellness knowledge and practical skills.

ISSUE 2 | NOVEMBER 2025



EMBRACING SEASONAL CHANGES

This November, gift yourself **compassion** and **grace**. Seasons change, let's adapt to and embrace these changes. Read below for more.

HEART



Did you know that employees have free access to [LinkedIn Learning](#)?

[Developing Emotional Intelligence](#) was a fun and quick course.



MIND

Promote your mental and emotional flexibility by trying new things this November.

The [New Ways November](#) calendar can be a helpful guide!

BODY



The Walking Challenge may be behind us, but let's keep moving! Try this fun, low intensity "walking" [video](#).

THRIVE

Faculty & Staff Wellness Newsletter

EMBRACING SEASONAL CHANGES

A few science-backed ways to help yourself align with the season:

- 1) **Get sunny:** Mood is boosted by light exposure even in less sunny days. Any natural light is good! try for 15-20 daily minutes.
- 2) **Sleep soundly:** Develop a wind-down routine that promotes better sleep.
- 3) **Move kindly:** Movement is a powerful mood-booster. Check out the WEC for options or look locally!
- 4) **Connect honestly:** Schedule cozy gatherings and check-in on friends. Consider a gratitude text thread or shared journal.
- 5) **Nourish warmly:** Try nutrient dense recipes and beverages. Break out the crock pot and wake up to finished meals!

ANNOUNCEMENTS

Celebrate Men's health and wellness at **BroZone: Strength, Health & Wellness** on **Thursday November 13th from 2pm to 4pm in the Campus Center Atrium!** This event will explore options for men to engage with wellness and find support!



Our **Flu Shot Clinic** is almost over. Last chance to get yours is on **November 10th from 9am to 2pm at CC Ballroom B**. Additional vaccines (HPV, Covid, meningitis and more also available)



Self Care activities are posted on our website. Every small action counts!

Reach out to yg434@njit.edu with questions, comments and suggestions.