

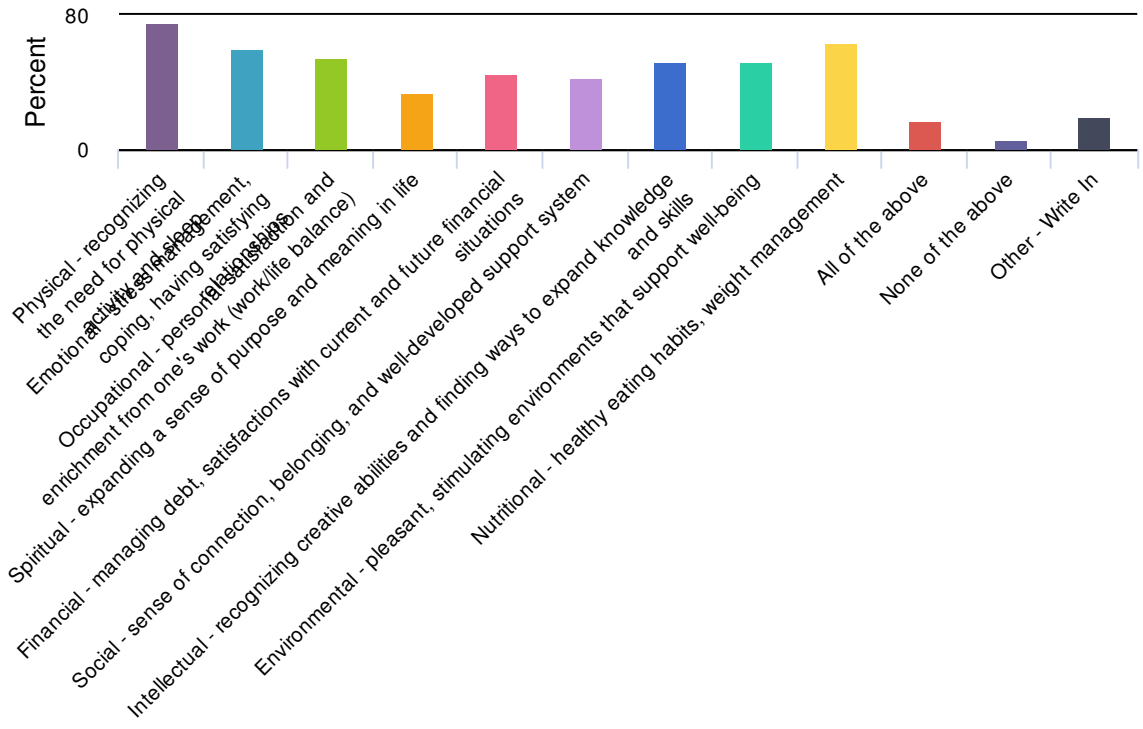
# Report for System Office Wellness

## Response Counts



Totals: 499

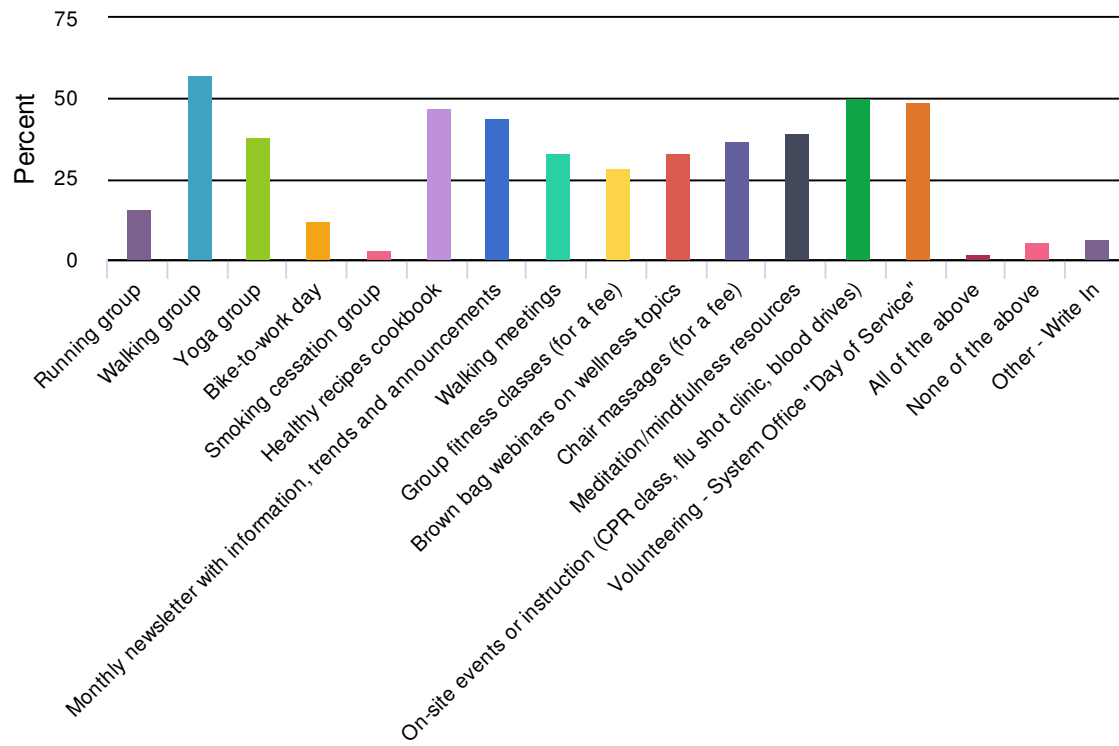
1. What areas of wellness would you be interested in learning more about? Examples are given in each category.



Value		Percent	Responses
Physical - recognizing the need for physical activity and sleep		75.8%	378
Emotional - stress management, coping, having satisfying relationships		60.5%	302
Occupational - personal satisfaction and enrichment from one's work (work/life balance)		54.3%	271
Spiritual - expanding a sense of purpose and meaning in life		34.1%	170
Financial - managing debt, satisfactions with current and future financial situations		44.7%	223
Social - sense of connection, belonging, and well-developed support system		43.1%	215
Intellectual - recognizing creative abilities and finding ways to expand knowledge and skills		52.1%	260
Environmental - pleasant, stimulating environments that support well-being		52.7%	263
Nutritional - healthy eating habits, weight management		64.1%	320
All of the above		17.6%	88
None of the above		5.4%	27
Other - Write In		19.6%	98

Other - Write In	Count
A healthy and productive workplace- ie how to manage toxic personalities and toxic workplace environments	1
Community - opportunities to volunteer to serve community	1
Creativity. Short talks like TedX or Pecka Kucha.	1
Diversity with inclusiveness and not by numbers or calculations!	1
On-line tools/meetings	1
ReConnecting to Family	1
Volunteer opportunities	1
What about group Sit-Ins: for sharing, connecting and a 'time out' to recharge from time to time.	1
communication, Systems office is not very good at communicating with each other	1
crafts and hobbies	1
managment and abatement of mold in the workplace	1
prefer sessions to be brown bag online	1
Totals	12

### 3. What activities would you be interested in participating? Check all that apply.



Value		Percent	Responses
Running group		15.9%	79
Walking group		57.6%	287
Yoga group		38.0%	189
Bike-to-work day		12.2%	61
Smoking cessation group		3.0%	15
Healthy recipes cookbook		47.4%	236
Monthly newsletter with information, trends and announcements		44.2%	220
Walking meetings		33.3%	166
Group fitness classes (for a fee)		28.7%	143
Brown bag webinars on wellness topics		33.3%	166
Chair massages (for a fee)		36.7%	183
Meditation/mindfulness resources		39.2%	195
On-site events or instruction (CPR class, flu shot clinic, blood drives)		50.4%	251
Volunteering - System Office "Day of Service"		48.8%	243
All of the above		1.8%	9
None of the above		5.2%	26
Other - Write In		6.6%	33

Other - Write In	Count
Ability for individuals to discuss their area of interest and volunteer opportunities	1
Adult Fitness Classes	1
Golf league	1
Gym membership added as a benefit for employees.	1
Totals	20

Other - Write In	Count
I've thought about setting up a regular guided meditation/mindfulness activity but wasn't sure the interest or support would be there.	1
Lower or No access fees to the ARC etc.	1
On-line challenges for exercise and healthy eating; webinars, videos or podcasts on topics of interest	1
On-line tools/meetings	1
Swimming	1
Tai Chi or Qigong	1
Taking the opportunity to second the bike to work day	1
Time to go gym during lunch hour; For example maybe 2-3 days during the week employees can work with manager to take 1.5 hours lunch for gym. Employees can make up this 30-minutes during the week by coming to work early or staying later. I appreciate this survey. In the Chicago Area the traffic is bad and we do need time to be able to take care of our physical and emotional health	1
Working day monthly - Cross campus and organization volunteering	1
aquatic exercise	1
bring your pet to work days	1
lunchtime workout	1
walking goal	1
we have health clubs, but why is the fee not super affordable so most employees would be enticed to use vs dis-incentivized; why charge for group fitness, make it free and the depts are charged for it	1
weight management/loss group meetings	1
workplace counseling	1
Totals	20