



WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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EMPLOYEE SPOTLIGHT - Interview with Angela Dietz

By Erik Olson

Each quarter, the System Office Wellness Committee spotlights a university employee to discuss their wellness strategies and activities. This issue highlights Angela Dietz, communications specialist in the System Office Shared Services unit. Angela joined the university during the pandemic in June 2020 and was hired virtually with only the chance to meet co-workers over Zoom. She said she joined the university to put her extensive experience in corporate communications and project management to use. Before joining the university, Angela took time to work at home on the farm.

Q. Angela, what does wellness mean to you?

A. To me, wellness means finding what works for you and owning it. Sometimes doing what makes us happy can make us healthier both mentally and physically. Finding time for a quiet, early morning walk with my dog, bottle feeding a new baby lamb on the farm, and taking time to plan out a two-week meal plan/grocery list are just a few ways that help me live well. For example, the meal planning makes me feel more organized and present for my family without worrying about what I am going to prepare for dinner each night.

Q. When you think about ways to promote wellness, what activities or exercises do you use? Hobbies, mindfulness techniques, yoga, interacting with nature, etc.?

A. There is always something to do when you live on a farm! Getting outside and working in the yard or taking care of the animals is pretty therapeutic. I also have very busy and involved kids, so

I am usually running to sports, 4-H, and various school activities. I try to find a place to take a walk, jog, or sit and read while waiting for them. I've recently started to journal more. Nothing big, but carving out time for my thoughts has been a good thing.

Q. Do you think these activities help with your work life? If so, how?

A. Absolutely. I think I work better when I have outlets. It makes me more productive and focused in my work, as well as my family life.

