

## UO news

Did you know much of the Willamette Valley is an earthquake zone?

Sign up for "Shake Alert" earthquake warnings.

The [ShakeAlert](#) system is a remarkable technology, years in the making. It has the potential to save tens of thousands of lives in areas where high-magnitude earthquakes occur by providing a few seconds' warning, enough time for people to take basic safety precautions. Marvelous as it is, though, ShakeAlert saves lives only if people understand what to do when they receive such an alert, and do it. Here is a [short video](#) about the ShakeAlert system.

## Health/Wellness

### Occupational

**All UO employees have unlimited access to LinkedIn Learning, a repository of web-based trainings and resources. [Set up an account](#) with your UO ID and password!**

As the summer ends and fall begins are you looking for some inspiration to re-engage career goals? Do need help figuring out how to prioritize and achieve professional goals? LinkedIn Learning has abundant resources for "getting unstuck" and moving toward the next level in your profession. Log in and use the search term "goals" to find course subjects for personal development, as well as several supervisory resources for developing professional development goals for staff.



### Emotional Wellbeing

**Saying No, instead of maybe. Go on a Technology fast, and practice positive self-talk**

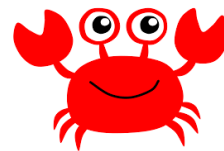
The practice of taking time to nourish one's own mind and body—can feel overwhelming and exhausting. Life has so many moving parts to keep up with, and juggling the responsibilities of work, family, finances, and other daily tasks might leave you feeling like self-care is out of reach. Here are [five self-care ideas](#) you can start today.

**We travel not to escape life, but for life not to escape us - Unknown**

### Spiritual

**Spiritual practices that go with the leisurely pace of August**

Summer traditionally offers a time-out for each of us, downtime from packed schedules, hopefully some time away to spend with friends and families. Here is [a list to review](#) of spiritual practices which include walking, floating, standing in front of the air conditioner, taking naps, and more.



### Environmental

**Ten Simple Choices for a Healthier Planet**

The National Oceanic and Atmospheric Administration (NOAA) has a lot of wonderful information on their [website](#). Here is a great [infographic poster](#) and a list of 10 simple things you can do to help keep the planet healthier.



## Society, Culture & Education

### Four Ways Every Employee Can Contribute to Company Culture:

- Get to know people on a personal level
- Celebrate others (and be creative)
- Show up for people without resentment
- Set the example

It is important to prioritize our health and wellness, and all of us can play a role in creating a workplace culture that supports that for ourselves and our coworkers. Here are some steps you can take:

1. Read [this article](#) from the Harvard Business Review.
2. Pick at least one of the four ways that you can contribute.
3. Put it into practice as we get ready for the start of another academic year.



## Physical Wellness

### Benefits of moderate resistance training: Four exercises you can do with the "equipment" in your kitchen

It's hard to find time to exercise on a regular basis, but with [these kitchen workouts](#) you might find it a little easier to get in the routine and stick with (and build on) the healthy habit over time. I think I'll start with some countertop pushups while I wait for my tea water to heat in the microwave every morning! Which one will you start with?

## Crafts and Educational Activities

Eugene Calendar of Events: [August, 2022](#)

### [18 different ideas](#) for decorating your back-to-school notebooks

With the start of school right around the corner, think about buying some of those plain notebooks and then turn them into something that's just right for you or your children! Maybe your child is apprehensive as they look toward beginning the new school year, and the affirmation of "You Can Do This!" on the cover (or inside cover) of their notebook is just the thing they need! Maybe you've been wanting to start a gratitude journal - create one with your own personalized cover that will inspire you to begin that daily practice! The sky's the limit, and who doesn't love buying new school supplies and colorful markers!

### 5 DIY Craft Activities for Caregivers to do with Seniors

All five of these crafts sound like fun things to do with the seniors you may be caring for, but I especially like the [Memory Box](#). As you work together to put the memory box together, you can be thinking about the many ways that using it will benefit those you are caring for as well as yourself. Just think how special it will be to someday pull out the box and read about the things that made your loved one smile!

## August Recipes

### 15 Kid-Friendly Zucchini Recipes

I have a funny story I wanted to share. You know, zucchinis grow and grow here in Oregon - you just can't stop them, unless you truly never water. As I stopped by my neighbor's house to share some of our zucchini bounty, he told me, he is always suspicious of neighbors who gift him with all of their zucchinis, as in "he must have irritated them in some way" - here are [15 kid friendly zucchini recipes](#) we hope you, your family, an even neighbors can enjoy.

**August is the border between summer and autumn; it is the most beautiful month I know - Tove Jansson - painter and illustrator**