The Reflect & Respect well-being weeks included a wide range of events correlated to this theme. During these four weeks of well-being you could choose from a large selection of workshops, lectures, and activities. For example: lunchwalks, lifestyle checks, morning meditation, and a workshop about work-life balance. Despite the busy times, this edition was a great success again!

### TOP 3 MOST VISITED ACTIVITIES

1. **80** Lifestyle Checks
   - Which are continued due to high interest

2. **53** Relaxarette

3. **29** Lecture Sleep & Well-Being

### TOP 3 RATED ACTIVITIES

1. **9.0** Workshop Mental Resilience

2. **8.8** Breathing Session

3. **8.5** Morning Meditation

In autumn 2022 the next well-being weeks will take place. The topic will be based on the results of the well-being research, lifestyle checks and current events. For more information on well-being at UT, visit the employee well-being page or contact us at wellbeing-hr@utwente.nl.

Stay up to date! Sign up for the Well-being Weeks newsletter [here](#).