

# WELL-BEING

AT THE ULTIMATE **PEOPLE-FIRST** UNIVERSITY OF TECHNOLOGY



🔗 LEARN MORE AT [UTWENTE.NL/WELLBEINGWEEKS](https://utwente.nl/wellbeingweeks)

RESULTS THIRD EDITION WELL-BEING WEEKS 9 MAY - 3 JUNE 2022

**546**

PARTICIPATIONS  
IN TOTAL  
Employees & students

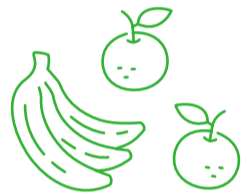


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LEARNING THROUGH  
PRACTICE!

## REFLECT & RESPECT

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, lifestylechecks, morning meditation, and a workshop about work-life balans. Despite the busy times, this edition was a great success again!

YEARLY  
FRUIT &  
LUNCHWALKS



TOP 3 MOST VISITED ACTIVITIES

01 **80**

LIFESTYLE CHECKS

WHICH ARE CONTINUED DUE TO HIGH INTEREST



02 **53**

RELAXARETTE



03 **29**

LECTURE SLEEP &  
WELL-BEING



TOP 3 RATED ACTIVITIES

01 **9.0**

WORKSHOP MENTAL  
RESILIENCE



02 **8.8**

BREATHING SESSION



03 **8.5**

MORNING MEDITATION



NEXT WELL-BEING WEEKS COMING IN AUTUMN 2022

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](mailto:wellbeing-hr@utwente.nl).

🔗 STAY UP TO DATE! SIGN UP FOR THE [WELL-BEING WEEKS NEWSLETTER HERE](#)

”  
ALL ACTIVITIES WERE ON  
POINT, THEY REALLY MADE  
ME IF NOT LAUGH THEN AT  
LEAST SMILE AND FEELING  
BETTER ABOUT MYSELF.