

# WELL-BEING WEEKS

RESULTS EIGHT EDITION 11 till 29 November

## SHARE & TAKE CARE 2024

With the theme 'Share and Take Care,' we focused on enhancing psychological safety and mental health. Where we aimed to create a supportive environment that prioritizes well-being and encourages open conversations about mental health and inclusivity.

What makes these Well-being Weeks even more special is that many of the activities are being offered by colleagues.

### TOP 3 MOST VISITED EMPLOYEES ACTIVITIES

30

LIFESTYLE CHECK

105

LUNCHWALK

29

LUNCH LECTURE  
IMPROVE WELL-BEING

### TOP 3 MOST VISITED STUDENT ACTIVITIES

100

LUNCH AT THE  
LIBRARY

90

LUNCH  
WALK

24

RESUSCITATION  
COURSE

### TOP 3 TOP RATED ACTIVITIES

10

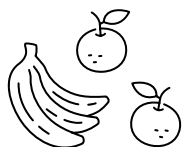
RUNNING  
THERAPY

9.1

RESUSCITATION  
COURSE

8

PAINT  
WORKSHOP



11000  
PIECES OF FRUITS

## LIFESTYLE CHECKS

50 TOTAL

30 EMPLOYEES

20 STUDENTS

## GOODHABITZ

RECOMMENDED COURSES: PARTICIPANTS:

- BEAT THE STIGMA 2
- HOW TO INTERACT WITH PEOPLE 2



## VISITORS COMMUNICATION CHANNELS

SERVICEPORTAL

767

(TOTAL)

WEBSITE

5214

(TOTAL)



PAINTING WORKSHOP

SIGN UP FOR THE  
NEWSLETTER!



NEXT WELL-BEING WEEKS WILL TAKE PLACE IN JUNE OF 2025!

UNIVERSITY OF TWENTE.