

WELL-BEING

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



AT THE UNIVERSITY OF TWENTE WE HIGHLY VALUE YOUR WELL-BEING AND, THEREFORE, THE ANNUAL HEALTH WEEK HAS BEEN TRANSFORMED! THE NEW 'WELL-BEING WEEKS' ARE ORGANISED SEVERAL TIMES A YEAR FOR EMPLOYEES AND STUDENTS. DURING THE WELL-BEING WEEKS WE WILL GIVE SPECIAL ATTENTION TO BALANCE, VITALITY, PHYSICAL AND MENTAL HEALTH, FUN, AND RELAXATION.

[LEARN MORE AT **UTWENTE.NL/WELLBEINGWEEKS**](#)

RESULTS FIRST WELL-BEING WEEKS 19 APRIL - 21 MAY

CATCH YOUR BREATH!

The first edition of the well-being weeks had the theme 'Catch your breath'. This was based on the results of the [well-being research](#), [lifestyle checks](#) and requests from the organisation.

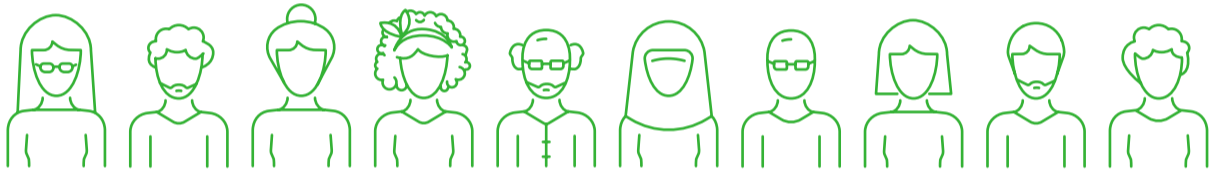
After a year of working from home and corona measures, many people were ready for a breath of fresh air. During these five weeks of well-being you could choose from a large selection of workshops, lectures, exercises and activities varying from yoga to painting workshops!

" I BELIEVE THAT THE COURSE OFFER IS VERY VARIED AND COVERS ANY REQUIREMENT.

600

PARTICIPATIONS IN TOTAL

Employees and students



TOP 3 RATED ACTIVITIES

01 **9.2**

FIT AND VITAL WITH TAI CHI
Three week course on the basic principles of Tai Chi

02 **8.4**

MASTER YOUR BREATH
Four week course on recognizing and improving your breathing techniques

03 **7.6**

YOUR BREATH IS OKAY AS IT IS
Interactive lecture: Learn to train acceptance with mindfulness

" THE BREATHING EXERCISES OPENED MY EYES TO SOME PROBLEMS I HAVE.



TOP 3 MOST VISITED ACTIVITIES

01 **137**

BOB ROSS WORKSHOP



02 **95**

OUTDOOR YOGA

03 **89**

ONLINE ESCAPE ROOM

" PERFECT TRAINING GIVEN THE CIRCUMSTANCES

NEXT WELL-BEING WEEKS COMING IN OCTOBER

BOOST & BALANCE ENERGISE (Y)OURSELF

The next well-being weeks are planned for October and this time the overarching theme is energy. Activities will mainly focus on reconnecting, recharging, recognizing patterns, physical exercise and finding the right balance.

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



For more information on well-being at UT, visit the [employee well-being page](#) or contact us at wellbeing-hr@utwente.nl.