

WELL-BEING

RESULTS FOURTH EDITION WELL-BEING WEEKS

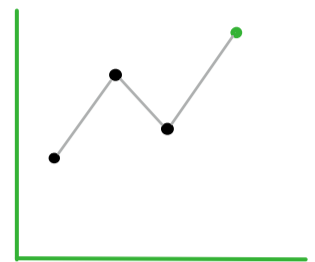


🔗 LEARN MORE AT [UTWENTE.NL/WELLBEINGWEEKS](https://utwente.nl/wellbeingweeks)

7 NOVEMBER UNTIL 2 DECEMBER 2022

829

PARTICIPATIONS
IN TOTAL
Employees & students

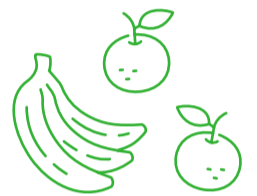


Growing amount of participants

TAKE THE LEAD

This edition of the well-being weeks have been the most succesful weeks yet. They included a wide range of events correlated to the theme 'Take the Lead'. During these four weeks of well-being you could choose from a large selection of workshops, lectures, and activities. For example: Art and Architecture lunchwalks, lifestyle checks, morning meditation, and workshops about mental resilience.

ANNUAL
FRUIT &
LUNCHWALKS



TOP 3 MOST VISITED ACTIVITIES

01 **248**

CHOLESTEROL, GLUCOSE
& BLOODPRESSURE
MEASUREMENT



02 **148**

ARCHITECTURE & ART
LUNCHWALK



03 **49**

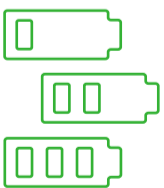
LECTURE DESIGN YOUR
LIFE



TOP 3 RATED ACTIVITIES

01 **9.0**

RUNNING THERAPY



02 **8.3**

GET A GRIP ON YOUR
E-MAIL AND CALENDAR



03 **8.0**

IMPROVE YOUR HEATING
BEHAVIOUR



NEXT WELL-BEING WEEKS COMING IN SUMMER 2023

In June 2023 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](#)

” SHORT ONLINE TRAINING WITH KNOWLEDGE I WAS NOT AWARE OF BUT I CAN USE DIRECTLY