

WHAT'S YOUR STRESS ZONE?

Awareness of your stress level and how you're feeling is the first step to connecting with appropriate resources to support your mental and emotional well-being. This 30-second Stress Thermometer survey, developed by UVA's Wisdom and Wellbeing Program, will help you identify where you are on the stress continuum and understand what that means for you, your family, and your team.

Hoos Well and UVA HR will NOT have access to your individual response to this survey.

Self Well-Being and Stress Continuum

READY	<p>Feel rested after a day off Ready to help others</p>
REACTING	<p>Responding to demands Transient distress that depends on the situation</p>
INJURED	<p>Feeling the Drain Persistent distress – Feeling like things in your life are getting out of control</p>
ILL	<p>Need Help Unhealed stress injury causing significant difficulty</p>



HELP WITH NAVIGATING HR RESOURCES FOR MENTAL AND EMOTIONAL WELL-BEING

Mental well-being spans a continuum from flourishing to languishing. This new interactive tool makes it easier to connect how you're feeling to appropriate well-being resources. Scan the QR code or visit hr.virginia.edu/thrive to use the new tool and access HR well-being resources with a simple click. In addition to helping yourself, awareness of resources available to UVA employees enables you to support a culture of well-being within our community.



If you're feeling	If you're feeling	If you're feeling	If you're feeling
Healthy & Fit Well Safe Connected Capable Confident	Drained Sore Irritable Anxious Down	Hurt Out of Control Irritable Symptomatic Distressed Exhausted	In Crisis Impaired Worsening Disordered Hopeless
Then you may be	Then you may be	Then you may be	Then you may be
READY	REACTING	INJURED	ILL
Try these resources	Try these resources	Try these resources	Try these resources
<ul style="list-style-type: none"> ▶ Educational Webinars ▶ eM Life Mindfulness Platform* ▶ Hoos Well Portal* journey, guides ▶ FEAP virtual toolkits ▶ Healthy Minds @Work Program ▶ Prevention & Resiliency Programs 	<ul style="list-style-type: none"> ▶ FEAP Consultations & Counseling ▶ Virgin Pulse Health Coaching* ▶ Live Immersive Programs in eM Life* ▶ Actra 1 Advocate** 	<ul style="list-style-type: none"> ▶ Virtual Therapy (Teladoc)** ▶ FEAP Trauma-Informed Care ▶ FEAP Extended Support 	<ul style="list-style-type: none"> ▶ Emergency Care (see notice below) ▶ FEAP Crisis Management ▶ Inpatient & outpatient mental health benefits (UVA-Actra) ▶ Inpatient & outpatient mental health benefits (UPG-Anthem)