

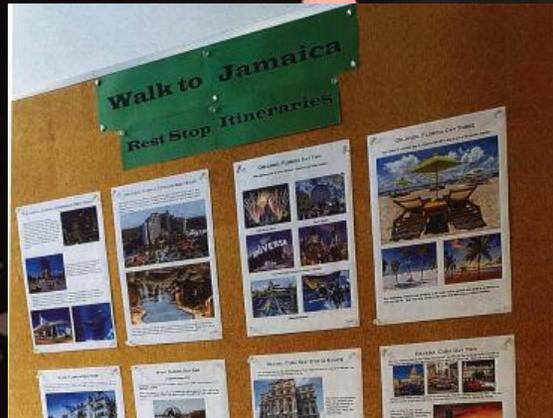


# 2022-2023 Work Well-Being Awards

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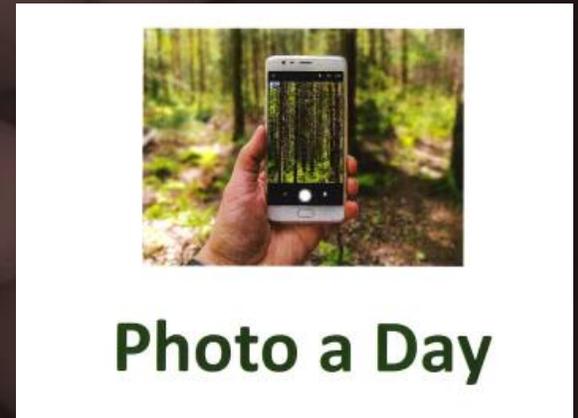
0-25  
EMPLOYEES



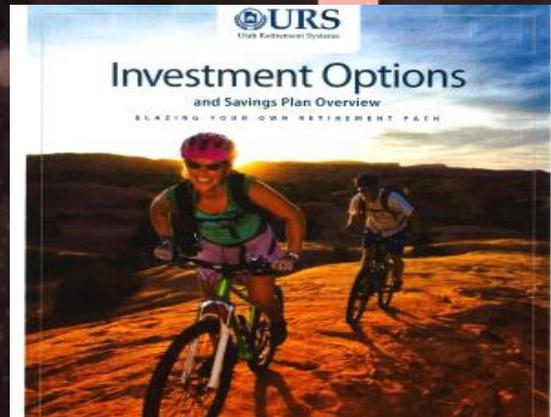
**SOCIAL**  
DWS Heber/Park City



**PHYSICAL**  
USOR Eastern



**EMOTIONAL**  
USOR Logan



**FINANCIAL**  
USOR Valley West



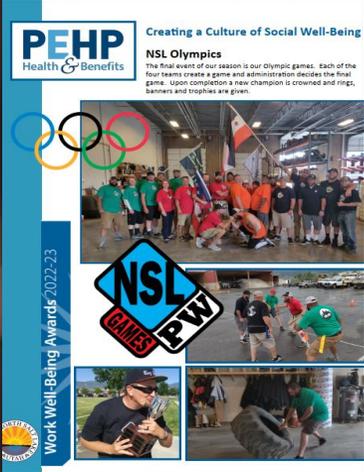
**SOCIAL**  
HONORABLE MENTION  
DWS Admin

\*No Applications for Career or Community Well-Being

26-50  
EMPLOYEES



**Social**  
**DWS Metro**

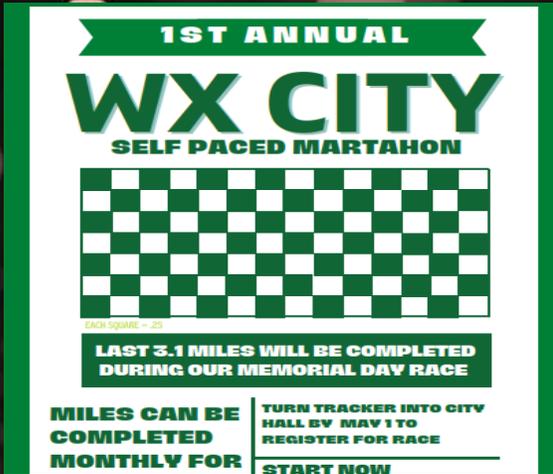


**Social**  
**City of North Salt Lake**  
**– Public Works**

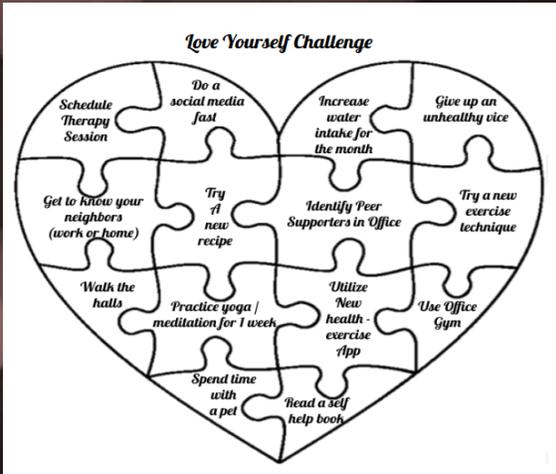


**Social**  
**Wasatch Front**  
**Regional Council**

26-50  
EMPLOYEES



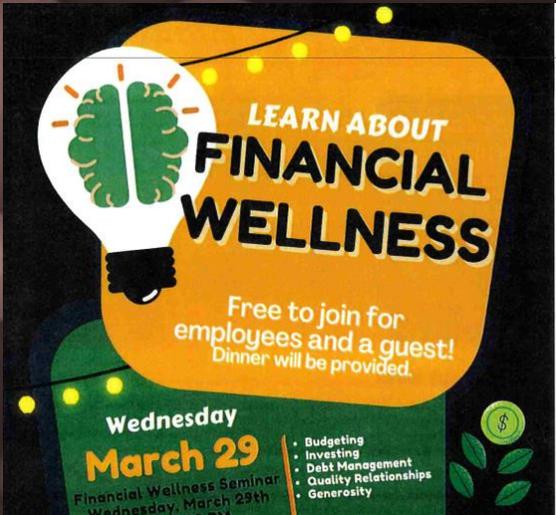
Physical  
Woods Cross City



Emotional  
DCFS Oquirrh



Community  
Wasatch County Health Dept.



Financial  
Honorable Mention  
Enoch City

\*No Applications for  
Career or Financial Well-Being

51-100  
EMPLOYEES



**Social**  
Mill Creek Youth Center



**Walking  
Wednesdays**

On Wednesdays, the Recognition Committee will lead a 15-minute walking break. This month, walks begin at 11:00 am. Meet in the

**Physical**  
Tooele Technical College

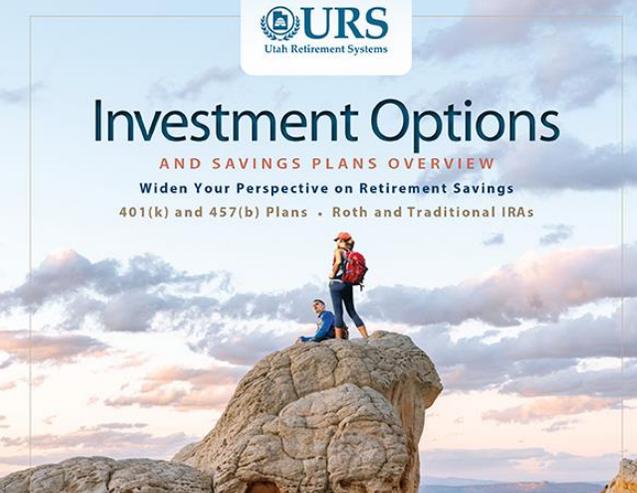


I am exactly where I am supposed to be. ♡

I am  
• enough  
• capable  
• strong ♡

31 DAY AFFIRMATION CHALLENGE

**Emotional**  
Slate Canyon Youth Center



**URS**  
Utah Retirement Systems

**Investment Options**  
AND SAVINGS PLANS OVERVIEW

Widen Your Perspective on Retirement Savings  
401(k) and 457(b) Plans • Roth and Traditional IRAs

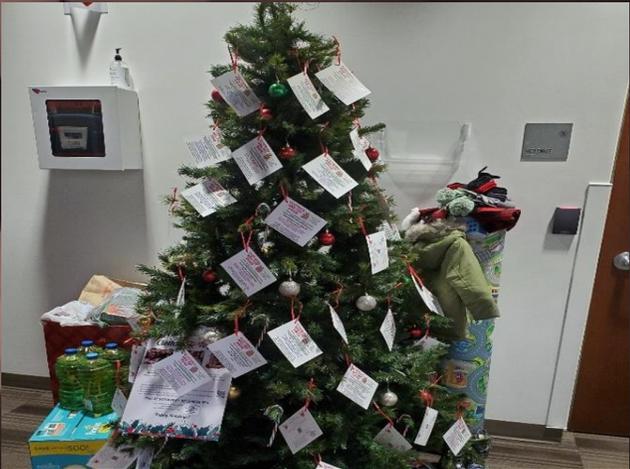


**Financial**  
DCFS Provo

51-100  
EMPLOYEES



Community  
3<sup>rd</sup> District Court West Jordan



Community  
2<sup>nd</sup> District Juvenile Court



Emotional  
Honorable Mention  
Ephraim City



Physical  
Honorable Mention  
DCFS Metro

\* No applications for  
Career Well-Being

101-500  
EMPLOYEES



**Social**  
Weber Valley Youth Center



**Physical**  
Administrative Office  
of the Courts



**Physical**  
Utah Public  
Health Laboratory



**Financial**  
3<sup>rd</sup> District Juvenile Court



**Community**  
Kearns Oquirrh Park  
Fitness Center



**Emotional**  
Bear River Health Dept.

\* No applications for  
Career Well-Being

500+  
EMPLOYEES



Career  
DHHS Cannon Building



Social  
Utah Tech University



Physical  
Weber State University

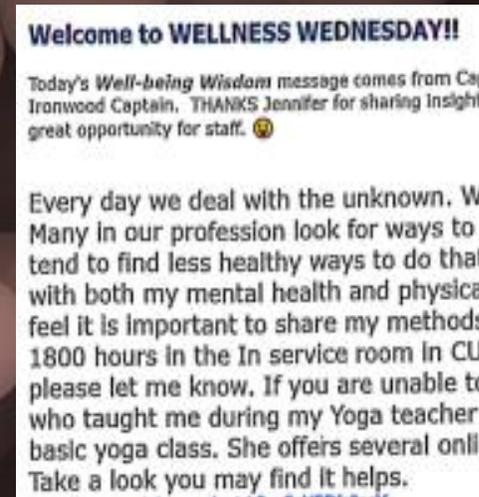


Physical  
UDC Adult Probation & Parole

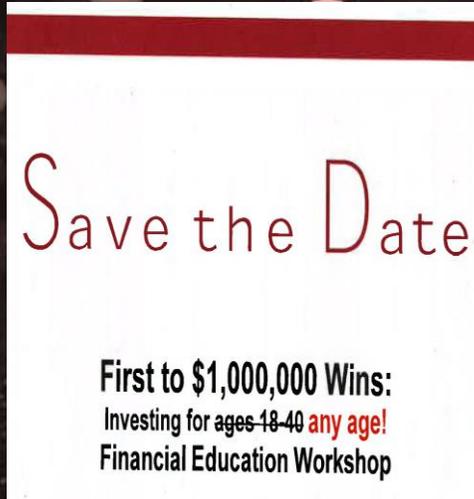
500+  
EMPLOYEES



Emotional  
Wasatch County School District



Emotional  
Dept. of Corrections South



Financial  
Multi-Agency State Office Building  
(MASOB)



Physical  
Honorable Mention  
West Jordan City

\*No applications for  
Community Well-Being



THE  
**INNOVATION**  
AWARD GOES TO

**DWS Heber/  
Park City**

## Why Wellness?

by Sherry Frasier (Warehouse Specialist/Mailroom)

On January 31, 2023, Director of Division of Prison Operations David sent out a mass email about a Correctional Officer Assault at USC. In the first paragraph, he gave four ways to deal with this stressor. One of those was "Just simply be with each other, practical, human, simple, and direct." When I reached out to Mr. Chestnut to get his permission to use his quote in this piece, he asked me to credit Deputy Warden Nathan Thomas. So, I am now credited for the statement.

## What Is Vitamin D and Where do You Get It?

Before learning about Vitamin D benefits, you must first understand what it is and where it comes from.



## The Importance of Gossip in the Workplace

### NEGATIVE GOSSIP

Negative gossip is the form that we most commonly associate with the term gossip. It is hurtful and damages personal relationships. Typically, this involves sharing personal information about a person with individuals that the person being gossiped about might not want to know that information.

Negative gossip can morph into something more serious, like harassment or discrimination. It can also be true or false, but once shared, it can be difficult to retract.

## Emotional and Mental Wellness

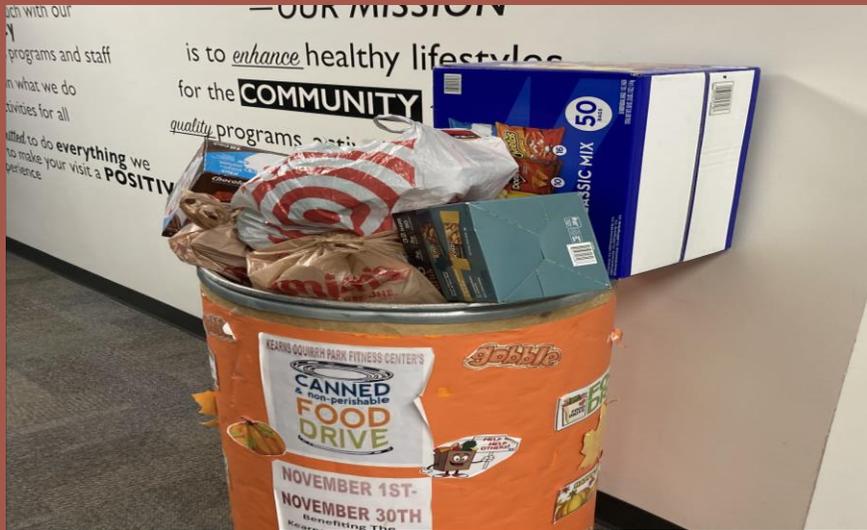
What are you doing to cope with your stress? For some people, hobbies or relaxing after work is enough. Others need to make sure their support system—friends and family with whom they talk through their problems—is intact and active. Take a minute to examine whether your coping skills are keeping up with your stress level. If not, decide whether you need to reduce your stressors, improve your management techniques, or both.

Make mealtimes connection times. Especially if you have a family with differing, hectic schedules, it can be impossible to sit down together and have 1950s style meals at the table every night. It doesn't have to be as formal as that, but at least try to be in the same room without distractions like phones and TV.

# THE ENGAGEMENT AWARD GOES TO

# Dept of Corrections South

## Wellness Wednesday



THE  
**GREAT STRIDES**  
AWARD GOES TO



**November 1st - 30th**

Please donate canned goods or packaged foods and put them in the Food Drive Barrel in the Admin wing.



**No glass or perishable items please.**

**Donations are distributed locally to those in need.**

**Kearns**  
**Oquirrh Park**  
**Fitness Center**