



“Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.”
Shira Tamir

October 2024 Newsletter



Clementine Garrett
Benefits Specialist
Human Resources

This month’s Unsung Hero is.....Clementine Garrett!!

Clem joined the UCA HR team in June 2023. Her role is to assist current employees as well as retirees with questions regarding benefits and retirement. Her favorite part of the job is the people she gets to meet and serve.

An example of how well she serves was reflected in a thank you note she recently received from an employee. Clem loves UCA and feels fortunate to be back on the campus where she played on the Sugar Bear Basketball team.

Taylor May , HR states - "*Clem is one of the hardest working individuals I have known over my career. Her dedication to her job and UCA is profound. She loves assisting employees with questions regarding their benefits or helping with insurance claims. She prides herself on doing her work with accuracy and always with a smile on her face.*"



Maintaining Mental Health in the Fall

(American TMS Center Blog)

Fall is approaching. This means shorter days, less sunlight, and less time spent outdoors often leading to a negative change in our mood. Below are ways to maintain your mental health in the Fall.

***Get outside and exercise:** *Regular exercise is a free, easy, and effective way to help boost your mood and improve your health.*

***Make a To-Do List:** *Making a list of things you would like to accomplish and get done in the following months, days, or weeks will remind you of the things you enjoy and makes it easier for you to get things done.*

***Socialize:** *Friends, family, and even strangers can lift our mood and usually distract our mind from feeling down or sad.*

***Plan a Getaway, Staycation, or Vacation:** *People typically don't think of vacations during the Fall, but it may be a good idea to save some of those vacation days during the colder months.*

***Get Enough Sleep:** Sleep is the time our body gets to unwind and relax from the day. Excessive lack of sleep decreases work performance, wreaks havoc on relationships, and leads to mood problems like anger and depression.

***Try a Relaxing Activity:** Relaxing the mind and body can often relieve stress, anxiety, depression, and sleep issues. Activities include taking slow deep breaths, soaking in a warm bath, listening to soothing music, writing in a journal.

***Talk to a Professional:** Reach out for help and talk to a mental health professional to provide tips on ways to combat seasonal blues and monitor your mood.

Come view
The AIDS Memorial Quilt
Sponsored by
CAHSS and Public Appearances
Reynolds Performance Hall Lobby
Oct. 1-11, 2024
M-F 10 am-4 pm

UCA Employee 2024 Open Enrollment

***Webinar** - October 22, 1pm - 2pm
(recording posted on HR page)

***Vendor Fair** - October 29, 10am - 2 pm
RWSC 223/224

***Open Enrollment** - Oct 28 - Nov 8, 2024

***Deadline to enroll:**
November 8th, 2024 at 11pm

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Go Bears

