

ADVENTURE2 SPOTLIGHT: KRISTI DARR



Pictured: Kristi and the UHR team

Kristi Darr, Vice President of University Human Resources,

spoke with ISU WellBeing about how she personally uses Adventure2, utilization tips for supervisors and employees, and more!

As an Adventure2 user yourself, how has the program supported your personal well-being?

I've been involved in Adventure2 since the very beginning, and I can attest that it's really been a benefit for me personally. I'm a big proponent of the annual self-assessment and would recommend that everyone complete that each year. That assessment serves as a kind of anchor for me. It helps me to see where I am today, improvements I've made over the years, and areas where I still need to give more attention. I've learned that I need to prioritize my sleep and my physical activity, and the assessment and the overall program really help me stay on track during the year.

How does the University Human Resources team utilize Adventure2?

As human resources professionals, we recognize and appreciate the importance of employee well-being in the workplace. Not only is it important for our staff to be educated on Adventure2 so they can share it with the campus units they serve, it's also important for them to personally utilize the program. To serve campus

effectively, our team members must first take care of themselves. 76% of our team is registered in the program, many of whom enjoy teaming up to tackle the team challenges!

Would you recommend Adventure2 to other employees and supervisors? If yes, why?

I highly recommend the program to our campus community. It's an engaging and readily available tool that supervisors can recommend to their employees to support their well-being. The team challenges are always a fun way to build camaraderie within your unit. I encourage supervisors to utilize the program themselves, as well as use the tools to support their teams with some of the manager-targeted activities!

As we transition to a new school year, how do you think Adventure2 can support teams in staying well at work?

As students are arriving and the excitement of a new school year is ramping up, it's important to take care of yourself and check in on your team members. Adventure2 offers activities that focus on practicing mindfulness and checking in on your mental health, which are critical pieces of staying well at work.

How do you think Adventure2 contributes to the employee experience at ISU?

Apart from supporting our employees' well-being through challenges, the program also helps to build a sense of community on campus. The "My Updates" page lets you engage with fellow users through social posts, comments, and recognition, and stay up to date on campus happenings. I love seeing our employees give virtual shout outs and high fives. I know how important it is to have people in your corner when you are trying to prioritize lifestyle changes. I have great colleagues who help me celebrate my fitness milestones and motivate me to stay on track. This is a great feature of the program for both new and existing employees. As we welcome new employees to campus this fall, know that Adventure2 is a great place to connect with and meet others at ISU.

Adventure2 kicked off its sixth year on August 2! As we navigate through this next year, what are you most looking forward to in the program?

As I mentioned earlier, the self-assessment is always the best way for me to kick off the program and get involved early in the semester. It's been exciting to see the improvements I've made over the years with regard to sleep, physical activity and mindfulness, so I'm looking forward to continuing to work on those areas and hopefully discovering a few more activities and programs I can get involved with.

If you could tell your colleagues one thing about Adventure2, what would you want them to know?

That it's not your typical well-being program. Adventure2 focuses on all aspects of well-being (community, mental, physical, spiritual, emotional and financial), not just diet and fitness. It can grow with you through different phases of life and your career. If you engage with it, it can really be responsive to your needs. There truly is something for everyone!

READY TO START YOUR JOURNEY WITH ADVENTURE2?

The sixth year of Adventure2, ISU's employee well-being program, kicked off on August 2! As the fall semester begins, utilizing Adventure2 is a great way to take care of your well-being and create healthy habits.

It's easy to get started. Just register using one of the options below with your @iastate.edu email and net ID:

1. Click on the **direct link to Adventure2: iastate.limeade.com**
2. **Download the LimeadeONE app** on your mobile device. Enter Iowa State University as your employer and follow the prompts.
3. **Visit the [ISU Wellbeing Adventure2 webpage](#)** and click Sign In.
4. **Add Adventure2 to your Okta apps** and join from there.

TRANSITIONING TO SCHOOL OR CHILD CARE

After a summer full of going with the flow, getting back into the swing of things can be tough! Check out the articles below for helpful tips about easing into a new school setting, starting child care and sticking to routines.



Ten Tips for Easing into a New School Setting

This article from the Iowa State University Extension and Outreach blog covers 10 tips to make a child's transition to a new school as smooth as possible.

[Read Full Article](#)



Starting Child Care for the First Time

Sending your child off to child care for the first time can be tough, both emotionally and organizationally. This Bright Horizons article shares tips to help you navigate everything.

[Read Full Article](#)



How to Help Young Children Stick to Routines

Getting back into a schedule can be tricky. This education.com blog post explores how to help your child stick to a routine.

[Read Full Article](#)

ISU WELLBEING FALL PROGRAMMING

We can't believe summer is coming to a close and a new semester begins on August 22! ISU WellBeing is excited to connect with you all and help you make this academic year a great one. Check out these offerings for ways to get involved on campus and prioritize your well-being.

Mid-Morning Mindfulness

The start of a new semester is the perfect time to start attending Mid-Morning Mindfulness sessions! There is no better way to stay focused and productive when life gets a little chaotic than by practicing mindfulness.



Join your colleagues and the ISU WellBeing team, and special guests, on **Tuesday and Thursday mornings from 10-10:15 a.m. via Zoom**. We would love for you to join us to explore mindfulness, learn various practices and make it your own!

Schedules and Themes:

- **Now-August 18:** Readying for a New Semester
- *Programming will be paused from August 22-September 2*
- **Beginning September 6:** Keep Your Practice Going

If you'd like to get started on your mindfulness journey, please email worklife@iastate.edu to receive the Zoom link!

Bonus tip: Earn 20 weekly points by completing the Mid-Morning Mindfulness challenge in Adventure2!

Friday Walk and Talks

Campus in the fall is beautiful! Take advantage of

the weather and beauty of campus by participating in Friday Walk and Talks. Come and enjoy the fresh air, de-stress from the morning and visit with your ISU colleagues.

The walking group meets every Friday at 12:10 p.m. in front of Beardshear Hall for a one-mile walk around campus.



Walks will continue every Friday through December 16, except for August 19-September 2 and November 25.

Bonus tip: Earn 15 weekly points by completing the Friday Walk and Talks (fall) challenge in Adventure2!

Fall Strolls for Well-being

The Strolls for Well-being at ISU program is another great way to get outside and enjoy the fall weather!

If you are feeling stressed, overwhelmed or simply need to step away from your workspace, the Strolls for Well-being at ISU were created to offer you various opportunities on central campus or wherever you are. Whether you have 30 minutes or 5 minutes, these materials have been designed to be flexible and fit into your schedule.



ISU WellBeing has created a Strolls option for all four seasons. [Click here to check out the fall edition!](#) For those who are not on campus or want a different option, we recommend [Pick a Place](#). It is a series of twelve options that allow you to engage in your mindfulness practice whenever and wherever it works for your schedule.

ENGAGE is an ISU WorkLife/University Human Resources publication. If you have comments, questions or suggestions for story ideas, please email worklife@iastate.edu.

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