



Breath Awareness – take a pause to benefit the mind and body.



Office of Research Services
Serving the NIH Community

Wellness@NIH

As we embark on this new year, please enjoy a few offerings to support your New Year intentions. Feel free to view or share a [PDF version](#) of this newsletter.

Wellness Announcements

January Fitness Membership special: Take advantage of our [special membership price](#) during the month of February which gets you 24/7 access to all the NIH Fitness Centers and check out our R&W [‘Fit for You’ class line-up](#).

Find a Pause for Well-Being: Our [Breath Awareness Exercises](#) bring calm to the body and the mind in a few easy-to-understand steps. **‘Box Beathing’ stickers** are now available through your ICO Wellness Ambassadors. To receive your sticker, please contact your [ICO Ambassador](#).

NIH Director’s Award Nominations Now Available for the NIH Work/Life and Well-Being Champion: This program provides a unique opportunity to honor those whose work inspires excellence and advances our shared goals. Award categories, guidelines, criteria, nomination forms, and additional information can be found here: [2025 NIH Director’s Awards Guidelines](#). See the [flyer](#) for additional details.

Upcoming Events

[The Art of Intentional Communication](#): Join NIH Wellness and NIH Ombuds for a workshop on active listening and conscious communication to benefit your work and personal well-being. This webinar will highlight and demonstrate the key aspects of being fully present, observant and purposeful in our words and actions with others. **Wednesday, January 22 from 11:45 AM to 12:45 PM ET.** After registering, you will receive a confirmation email about joining the webinar.

[Power Differentials in Total Worker Health - Environmental Service Workers \(ESWs\) in Healthcare Facilities](#): Join U-POWER researchers Drs. Rachael Jones and Saisattha Noomnuul from the University of California Los Angeles (UCLA) on **Thursday, January 16, 2025, at 10:00 AM ET.** The panel will discuss what it means to consider questions of power in occupational

health, what empowerment of ESWs might look like, and how improving ESW well-being through empowerment could benefit healthcare organizations, patients, and workers alike.

Non-sleep Deep Rest: Begin 2025 from a place of ease and join Allison Rose for non-sleep deep rest (NSDR) on **Wednesday, January 22nd (20 minutes) at 3:00 PM**. This offering combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state.

Child and Family Webinar: ‘Navigating New Parenthood’: New parents experience many changes in their lifestyles and relationships when bringing a new baby home. These physical, psychological, and relational shifts often couple the feelings of excitement and joy with anxiety and stress. Join this webinar on **Thursday, January 16, from 1:00 to 2:00 PM** to take a deeper dive into creating supportive networks, healthy communication with your caretaking team and managing lifestyle changes. Reserve using the link above.

Mindful Moment: Weekly Meditation with Dr. Rezvan Ameli: Support your mental well-being and resiliency with weekly meditation sessions for 30 minutes. Virtual sessions occur weekly on **Thursdays from 2:00 to 2:30 PM** via [Zoom](#).

Nursing Mothers Program Education Classes: These classes are designed to complement those offered by your hospital or childbirth educator. Two January classes are offered online on **Monday, January 27 from 12:00 to 1:00 PM ET**, “Breastfeeding and Return to Work.” Prenatal breastfeeding education classes are open to all women working at NIH who are registered for the Nursing Mothers Program.

Workshop: Adapting Mind and Body Interventions to Improve Fit for Different Contexts **Wednesday, February 12 and Thursday, February 13, 2025**, virtually or on the National Institutes of Health (NIH) campus in Bethesda, Maryland. Registration for this scientific workshop is free and the workshop is hosted by NCCIH.

Webinar: Boost Your Brainpower Learn daily habits and activities to exercise your mind and improve your overall brain health at any age. Offered by Kaiser Permanente on **Thursday, February 6 from 12:00 to 1:00 PM**. See [flyer](#) to register and for more details.

Mobile Health Screenings: Save the Date! During American Heart Month®, NIH is bringing biometric health screenings back to campus on **Monday, February 20 and Monday, February 27 from 8:00 AM to 2:00 PM**. Look for the online scheduler in the next edition of the *ORS Snapshot*, around the first of February.

Highlights in this Issue

- [Donate Blood, Save Lives: National Blood Donor Awareness Month](#) (NHLBI)
 - [Financial Wellness: Webinars Continue through the end of January](#) (NIHFCU)
 - [Four Types of Exercise Can Improve Your Health and Flexibility](#) (NIA)
 - [Genetics, Health, and Essential Nutrients: Webinar](#) (ODS)
 - [Glaucoma Awareness Month: Glaucoma at a Glance](#) (NEI)
- Wondering how to get an eye exam** or want to know more about cataracts, glaucoma, or other eye conditions (either for yourself or for a loved one)? The National Eye Institute

now has a live phone line to help answer questions. **National Eye Institute** Call **1-800-680-2578**. Information specialists are available Monday-Friday, 8:30 AM through 5 PM.

- [How to Prevent Norovirus](#) (CDC)
- [Myths and Tips About Dressing for Winter](#) (Johns Hopkins Medicine)
- [Rethinking Drinking](#) (NIAAA)
- [Thyroid Cancer: What Women Should Know](#) (Johns Hopkins)

Connect with Us

Interested in communicating with other like-minded NIH employees about healthy lifestyles and wellness? Please join:

- [Wellness@NIH listserv](#)
- [Wellness@NIH Facebook group](#)
- [Wellness@NIH Website](#)

To arrange sign language interpreting and/or real-time captioning services for our events, please visit the Office of Research Services (ORS) [Interpreting Service page](#). For general information, please refer to the [NIH Reasonable Accommodation Policy](#). If you require reasonable accommodation to participate in an event, please contact the event host as soon as possible.

For questions or comments about this newsletter, please reach out to [Leslie Pont, Wellness Program Manager](#)