Your well-being and mental health are at the forefront of our minds here at the University of Utah.

Well-being Elevated is a U student-led project that aims to boost mental health and well-being for college students. The project is currently recruiting several hundred U students to participate in six process nights below. These sessions will provide an opportunity for students to learn about mental health, practice self-care, and connect with others in a supportive environment.

**Do you enjoy playing Trivia?** Join the Social Connections Committee at Bewilder Brewing. We host trivia nights every Thursday. You can find us at 443 W 700 S, Salt Lake City, UT 84101.

**Frisbee!** Join as a team or a free agent, with lots of different game nights to fit your schedule. Registration is now open for IM leagues and tournaments. For more information, visit www.studentrecreation.utah.edu/leagues.

We have a special incentive to help faculty/staff on your way to a NEW U in 22! Join Campus Recreation Services and enjoy discounted membership rates, access to all facilities, and exclusive events.

University Human Resource Management’s web page has a special section for faculty/staff. Click on the “Benefits Information” tile. For information about Form 1095-C, see www.hr.utah.edu/benefits/1095C.php. If you prefer to provide your feedback directly to AVP Jerry Basford, you can email him at jbasford@sa.utah.edu. If you prefer to provide your experience with dining or catering, visit this link. U Dining Services would like to hear your feedback on our services.

The Mental Health First Responders Resource Center is available for those who need support during COVID-19. The Resource Center can be reached at 801-213-2874. For general campus questions, you can call the General Campus Questions Hotline at 801-585-2200.

We encourage you to take the time to improve your well-being and mental health. Try new activities, connect with others, and prioritize self-care.

**Staff Awards** each Black History Month to recognize the significant contributions and achievements of Black Faculty and Staff. The Awards are announced in the Black Faculty & Staff Notes blog. Be sure to check it out.

As we grapple with the reality of the ever-present COVID-19, our governments, medical institutions, and most importantly, ourselves, continue to adapt. The virus has spread, receded, and then started the whole process all over again. In the midst of this crisis response and prevention, we are committed to working toward an environment where everyone feels safe, supported, and valued.

As the sessions, programs, and details become finalized, more information will be available in CIS. Please mark your calendars for Apr. 7 at 11 a.m. Please make sure to register for April’s Staff Meeting. The Student Affairs All-Staff Meeting is scheduled for Apr. 7 at 11 a.m. Please make sure to register for April’s Staff Meeting.

In collaboration with the Black Faculty & Staff Notes blog, the University of Utah would like to extend their gratitude to the Black Faculty and Staff for their work on campus and in the community. In recognition of their contributions, the University of Utah has established the Black Faculty & Staff Notes blog. Be sure to check it out.

The Student Affairs All-Staff Meeting is scheduled for Apr. 7 at 11 a.m. Please make sure to register for Apr. 7 at 11 a.m. We look forward to seeing you!

**U Giving Day** is a 1,850-minute fundraising and celebration effort to provide feedback to U of U Dining, U of U Housing, and U of U Health. It is a 1,850-minute fundraising and celebration effort to support the University of Utah’s mission.

We want to thank you for your support of U of U Dining, U of U Housing, and U of U Health. We appreciate your contributions and look forward to continuing to serve you.

This past week, Zhifan’s parents met with Community grieving for Zhifan’s death and are providing support as they request and need. If you are in need of support, you can email him at jbasford@sa.utah.edu.

As the sessions, programs, and details become finalized, more information will be available in CIS. Please mark your calendars for Apr. 7 at 11 a.m. Please make sure to register for April’s Staff Meeting. The Student Affairs All-Staff Meeting is scheduled for Apr. 7 at 11 a.m. Please make sure to register for April’s Staff Meeting.