



## Welcome!

### Robert J. Mullaney

Robert Mullaney is a doctor of occupational therapy and doctor of business administration and will lead the UT Employee Wellness Program (Be Well). He brings a host of higher education program development and leadership experience with him. As a licensed and nationally certified occupational therapist, Robert has worked in a variety of clinical and non-clinical settings helping people live life to its fullest. With a passion for mental health and wellness, he has taken a slight career turn to focus on employee wellness based on the Eight Dimensions of Wellness (also conceptualized by occupational therapist, Margaret Swarbrick).



**Robert J. Mullaney, OTD, DBA, MBA-HSA, OTR/L**

UT's new Be Well Coordinator

Robert aims to serve as a wellness resource for the benefit of all faculty, staff, and graduate assistant workers at UT and is now proud to be a Volunteer. You can reach him directly via e-mail at [rmullaney@UTK.edu](mailto:rmullaney@UTK.edu) or [BeWell@UTK.edu](mailto:BeWell@UTK.edu) and hear from him routinely throughout the year via his revised Be Well newsletters, educational sessions, and virtual/live events. As the only dedicated faculty/staff/graduate assistant-facing coordinator within the Center for Health Education and Wellness, Robert aims to be as impactful as possible for those enabling our UT students and alumni to do great things. Learn more about your new employee wellness partner at [Learn more about Robert and Be Well UT.](#)



## Tracking App!

Download **BetterYou App** today (FREE for UT Employees)! This app helps you to management productivity, time, performance, and vitality all while earning rewards of up to \$500 for just being healthy. The app will synch with other health-related apps on your phone or watch and tally your habits. Engage in peer-peer or group challenges or meet your own personal goals to earn rewards! [Learn more and download the BetterYou App](#)

## Wellness for your job?

A wellness lifestyle has been said to require an adequate balance of healthy habits that include sleep/rest/relaxation, productivity (at work or home), participation in meaningful activity, good nutrition, social contacts, and supportive relationships (Swarbrick, 1997). These things make us happy, and happy is good! You've probably heard of the Eight Dimensions of Wellness, which were derived from the realization that wellness is holistic and multi-dimensional (and may look different for each person) and includes the **occupational, physical, emotional, intellectual, social, environmental,** and **spiritual** dimensions of life (Swarbrick, 2006). The revised Eight Dimensions of Wellness now includes having good **financial** habits, too. What you do with your time is essentially how you occupy your time. You occupy your time in two ways...[\(Read more\)](#).

### 8 Dimensions of Wellness



## Nominate a Wellness Role Model

The time has come to reestablish your vows to good health! If you or someone you know lives as a **Wellness Role Model** and you feel others may benefit from their influence, please nominate them to be reviewed for the **UT Wellness Role Model Award!** More on what this entails can be found at this link: [NOMINATE A COWORKER!](#) (it will be fun!)

## Be Well Wellness Champions Wanted

There is power in collaboration. So, let us collaborate! Be Well/Employee Wellness is searching for well-rounded, knowledgeable, contributing wellness champions to represent your areas of work to help with our UT Be Well initiatives and communications! Please send an e-mail to [BeWell@UTK.edu](mailto:BeWell@UTK.edu) to

express your interest today, or see the webpage link here to fill out an online form! [Become a Wellness Champion!](#)

## Request a Wellness Presentation / Activity

Did you know you can request a Be Well presentation, activity, or other representation for your department meetings? Simply fill out the form linked below and detail what your department's unique needs are. [Request Be Well!](#)

## Upcoming Events!

*Here is a list of Upcoming Events for Spring 2025. More details to come.*

Please mark your calendars!

- **Virtual Stretch Labs: Dates to start mid-February!**
- **Walking Group Social (Starts in mid-February!)**
- **Grow Labs Be Well Garden Space:** Reap the benefits of planting a seed, caring for it, harvesting it, and watching it go to a good cause all while making great connections, enhancing aspects of your Eight Dimensions of Wellness, and breathing fresh air! **First Meeting Date: March 24th 2025, Location:** Grow Labs 2019 Terrace Ave., Knoxville, TN 37996 (on-campus). **Time:** 1 p.m. - Follow-up confirmation will be sent in February and early March.
- **Be Well Champions Meeting:** First Meetings in February (Keep an eye out!)

## Be Well Resources & References

Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.

Swarbrick, M. (1997, March). A Wellness Model for Clients. *Mental health Special interest Section Quarterly*, 20, 1-4.

### For: Faculty / Staff / Graduate Assistants

Please forward and share this Monthly Be Well Newsletter! Spread the wellness!

## [SUBSCRIBE TO THE NEWSLETTER](#)

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Center for Health Education & Wellness  
1800 Volunteer Blvd Suite 201  
Knoxville, TN 37996  
Office Phone: 865-974-5725

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