Are you ready to Rock Enroll your 2019 benefits? Annual Enrollment is right around the corner – October 25th to November 11th. Based on your valuable feedback on the Annual Enrollment survey, we will be providing you with more ways to learn about your benefit choices this year:

- We will be sending you the 2019 Benefits Bulletin to your campus address. This is a great tool to help you make an informed decision on your benefits needs.

- We will be conducting educational sessions to help you learn about the medical plans offered by NKU. The sessions will be held October 22nd from 9am to 10am, October 23rd from 12pm to 1pm, and October 24th from 2pm to 3pm. You can register for a session [here](#).

- Our Annual Benefits Fair will be held on October 10th in the Student Union Ballroom from 11am to 3pm. Take a break from work and meet all of your benefit vendors. (And maybe spot NKU’s Rock Star!)

- We will also have the Help Center in Steely Library room 235. The Help Center is designed to provide you with technical support during enrollment. Please attend the Benefits Fair, an education session, or make an appointment with a member of the Benefits Team if you have specific questions about your benefits options.
Employee Engagement and Wellbeing Series: Cultivating Stress Resiliency

Part II: Building a Brain Buffer Sept. 26, 12-1pm (UC 135) OR 2-3pm (UC 270)
Presented by: Carly Rospert, Director of Strategic Initiatives, Mayerson Academy

Stress happens, but it doesn't have to take you down. Learn how to identify your stress triggers and shift your mindset in order to shift your response. Being resilient does not mean that a person doesn't experience difficulty or distress. It does mean that you can "bounce back" from difficult experiences. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone. In this session, learn easy-to-apply ways to start building your stress resilience today. Pre-register for your preferred time HERE. Earn 3 Perk Punches!

Part III: Developing Resilience through Self-Care, Oct. 3, 12-1pm (UC 135) OR 2-3pm (UC 270)
Presented by Kim Baker, Director of Wellness, ACSM Exercise Physiologist, WELCOA Faculty.

Learn the science behind the mind-body connection and techniques that will optimize your health and wellbeing, even in stressful times. Stress starts in your mind but chronic stress can take a negative toll on your body if left unchecked. Taking time to care for yourself is a necessity, not an option of leisure, in order to develop resiliency and avoid burnout from stressful situations, work and the day-to-day.
Register HERE for your preferred time. Earn 3 Perk Punches!
September Strength of the Month: Curiosity

As a university campus, we are in the business of curiosity - sparking students' interest in learning - but did you know that fostering curiosity in employees can lead to greater learning, engagement, and performance at work? Curiosity is your love-of-novelty strength that inspires you to find new subjects and new topics fascinating. Connect with your curiosity with the following activities:

APPLIED CURIOSITY: Take 5 minutes each day this week to learn something new. Check-in on current events or look up the meaning of that word your colleague used in a meeting the other day. Make a note about how this could apply to your work.

Find more character strengths resources at
http://www.viacharacter.org/www/Resources#resources

Benefits Updates:

- You can get your annual flu shot at the Benefits Fair! Register here.
- There is a new phone number to report a work related injury – 1-855-291-0828