



WKU TopLife Incentive Reminders

- If you and your covered spouse/partner, if applicable, are enrolled in health benefits effective 1/1/2026, each is required to have completed the Health Assessment by 12/15/2025 and **earn a minimum of 5,000 Vitality points by 9/1/2026.**
- **New hires and covered spouses/partners, if applicable, who enrolled in health benefits after open enrollment with benefits effective after 1/1/2026 through 5/31/2026, are required to **complete the Health Assessment by 9/1/2026** to fulfill your pledge.**

Resources

To support emotional & mental wellbeing

- Anthem EAP: 800-865-1044
www.anthemEAP.com
Company code: WKU
- Mental & emotional health coaching via HealthFitness: 833-385-8118 <http://www.toplifewellness.com>



Positive Pathways Challenge

Challenge Alert!

FINAL EXAMS? GRADES DUE?

This May, join us for the **Positive Pathways challenge to prioritize activities that can help you reduce stress and boost your mood.** You might be surprised by how practicing mindfulness can positively impact your health! Whether you're focused on journaling, expressing gratitude or being kind to others, use this challenge as the perfect opportunity to feel good and earn Vitality points.



Registration Dates: April 20 – May 11
Challenge Dates: May 11 – June 7



Challenge Goal & Vitality Points:
Complete six of seven activities during the challenge to earn 200 bonus points. More details are outlined on the challenge page.

Stay Connected:

Check the leaderboard and stay engaged throughout the challenge on the **challenge chat page** to share how you are progressing and additional techniques you use to manage your mental wellbeing.

Remember, Vitality is easily accessible whether on or off campus via the app or desktop so that you can continue your wellness journey anywhere you have internet access.



Upcoming Webinars

Mental Health Matters

May is Mental Health Awareness Month!

This special webinar is designed to deepen understanding of mental health and mental illnesses, clarify the mental health spectrum, reduce stigma and provide guidance on when and how to seek support.

When: Thursday, May 14, 2026

Time: 11-11:30 am CT/12-12:30 pm ET

Where: [Register today](#) to join the webinar live on Webex and earn **50 Vitality points**. Note, you must attend the full webinar to earn points.

Here from both coaches Pam and Paula who are National Board-Certified Health & Wellness Coaches and certified in Mental Health First Aid® (MHFA), serving as instructors for the MHFA course. With years of combined experience, they're passionate about supporting participants' wellbeing and fostering a culture of compassion and acceptance around mental health.



A Month of Awakening

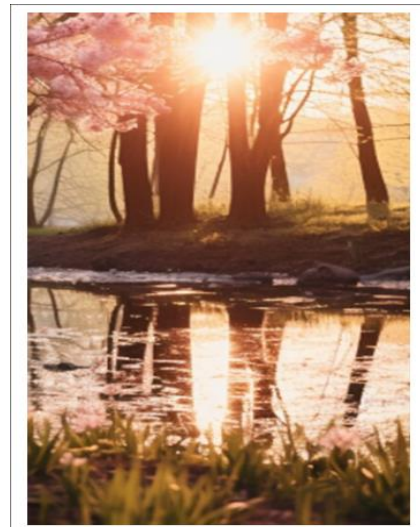
After the long stretch of winter, Spring invites us to wake up with curiosity, gentleness, and a little more light each day. This idea of awakening is not about overhauling your routines. It is about noticing:

What is coming alive in your environment, in your energy, or in your mindset?

Mindful awakening does not have to be dramatic. Most of the time, it is simply tuning in, catching small sparks of energy, noticing shifts in mood, or allowing a new perspective to surface. This month, give yourself the space to notice what is quietly coming alive within you.

Click [here](#) for an article on awakening and how it relates to mindfulness.

[Below are three one-minute practices](#) to help you greet this season with more presence and clarity.



COACH'S CORNER

powered by HealthFitness

Three Quick Mindfulness Practices

The First Light Breath (1 minute)

A simple way to start the day or reset anytime. How to do it:

- Sit comfortably and imagine the feeling of early morning light.
- Inhale gently through your nose as if you are letting light in.
- Exhale slowly, imagining any foggy or stale energy fading away.
- Repeat for 5-6 breaths.

2. The Senses Wake-up Check (30-60 seconds)

A quick grounding practice to reawaken your presence. Try this:

Pause wherever you are and name:

- One thing you can see
- One thing you can hear
- One thing you can feel

3. The “What’s Waking Up in Me?” Reflection (1-2 min.)

A tiny reflective moment to track your emotional landscape.

Ask yourself:

- What emotion or energy is waking up in me today?
- What might that feeling be trying to tell me?
- What's one supportive step I can take next?

Scan the QR code or click the link below to earn Vitality points for reading this article!

[Coach's Corner Article Points](#)



Have a success story to share?

If you have experienced positive outcomes because of your participation in the TopLife Wellness program, we'd love to hear about it!

Your story can inspire and motivate others on their wellness journey. It can be a powerful reminder that wellness goals are achievable, and it can inspire others to take the next step.

[Submit a Testimonial Here](#)

or scan the QR code below.

