

# Wellness

enRich is designed to cover the dimensions of: physical, social, intellectual, spiritual, nutritional and community outreach. Opportunities are provided to participate in individual and group wellness activities, and ***can earn team members wellness credits, prizes, and discounts.***

- **Physical**

- Team members have access to community wellness centers including an indoor pool, indoor/outdoor walking areas, gym, fitness studio, and the wellness team. Be part of wellness activities such as 5k's, virtual hikes, employee fitness classes, and more.

- **Social**

- Work can be challenging at times, but it should also be fun! Find joy, fellowship, and friendship through events such as employee celebrations, off campus events, community circles, and relationship building. You may find yourself enjoying a meal and playing games with new friends at an on campus party or local park.

- **Intellectual**

- We believe you should never stop learning and growing. Brightspire University and inSpire Leadership Academy were created to provide development opportunities for all team members. See 'Development' for more details.

- **Spiritual/Emotional**

- All faiths and creeds are welcomed, and we encourage team members to explore their own path. Each community has chaplains available for support. Emotional and mental health support is also provided through our robust employee assistance program (EAP) which offers free counseling services and help navigating life events. Through the EAP team members can get assistance with parenting, transitions, workplace relations, financial/legal issues, and much more. Wellness challenges also include a focus on practices that promote spiritual/emotional wellness such as gratitude and meditation.

- **Nutritional**

- Team members have access to delicious, high quality, discounted meals and wellness challenges that support key factors such as eating well and hydration.

- **Community Outreach**

- Studies have shown that those who invest in others have greater contentment. The work team members do each day is an investment in others. You have the chance to impact lives on and off campus through opportunities such as: mentoring, packaging and providing meals to those in need, food and school supply drives, group volunteering at local charities, and more.