ourDPS
Discover A World Of Opportunity Together

A BETTER ME, A BETTER WE

DPS WELL-BEING RESOURCE CENTER

Team DPS is striving to support teammates in being happy, healthy and whole. The Well-Being Resource Center on The Commons is a comprehensive tool for team members to feel supported, engaged, safe, healthy and challenged, and to strengthen their social and emotional intelligence. These categories are aligned with the Six Components of the Whole Child. Resources include podcasts, articles, videos, tips, discounts and more.

Find the complete resource center and add your own ideas here:
thecommons.dpsk12.org/wellbeingresources

A few examples of what you'll find:

Physical

- 50 Simply Delicious Brain Food Recipes.
- Meet on Your Feet: Benefits of scheduling a walking meeting with your coworkers.
- DPS Fitness Facility Discounts: A list of gym discounts across the Denver metro area.

Emotional

- Happiness Matters: Finding happiness in ourselves and our children.
- Great Dream: 10 Keys to Happier Living.
- DPS Employee Assistance Program: Learn what the EAP provides to employees at no charge, including support, resources and information for personal and work-life issues.

Spiritual

- Aura: A meditation mobile app.
- Andy Puddicombe TED Talk: Refresh your mind in 10 minutes by being mindful and experiencing the present moment.
- Greater Good Magazine: Courses, videos, articles and more, focused on exploring well-being through scientific research.

Financial

- You Need a Budget: A webpage and mobile app to help you set a budget, save money and set financial goals.
- Financial Checklist: Steps to take when planning your financial future.
- Benefits Resource Center: Links and forms about DPS benefits and compensation.

Social

- DPS Cares Employee Volunteer Program: Opportunities to connect with our students and schools.
- Celeste Headlee TED Talk: 10 ways to have a better conversation.
- Five Ways to Be Fully Authentic: How to stay true to yourself without letting others down, complete with simple tips.