Spring Into Wellness

A list of resources and events available to NIH staff

Resources and Events

- Medicare and FEHB in Retirement – April 21, 2021
- Take Your Child to Work Day – April 22, 2021
- Retirement 101 – April 28, 2021
- Work-Life @ NIH: A Supervisor’s Guide to Enhancing Workforce Well-being – May 13, 2021
- Wellness @ NIH
- COVID-19 Vaccination Plan for NIH Staff
- Asymptomatic Testing for COVID-19
- All Staff Email: Extension of Excused Absence as a Workplace Flexibility to Manage Dependent Care Responsibilities During COVID-19
- NIH Leave Flexibilities and Workplace Resources during COVID-19
- Child and Family Programs
- NIH Dependent Care Resource & Referral Service
- Legal & Financial Resources
- NIH Employee Assistance Program
- Mental Health Wellness Resources
- Emotional Health Wellness Resources
- Physical Health Wellness Resources
- Work-Life@NIH
- Well-being Coaching Sessions
- Parenting and Caregivers of Children Virtual Support Groups
- Lunch and Learn Webinars
- Deputy Director for Management (DDM) Seminar Series
- NIH Employee Intranet
- Building Resiliency in 2021: Combating Burnout and Pandemic Fatigue
- Navigating Mental Health Resources at NIH
- Leading and Thriving in Challenging Times
- Exploring Financial Management Strategies during the Pandemic