

UBC Workplace Wellbeing Ambassador Spotlight

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Why did you decide to become a WWA?

Amidst the COVID-19 pandemic, I wanted to maintain my social connections while keeping physically distant. Being a WWA, not only did I strengthen my resilience but also raised awareness by promoting wellbeing initiatives amongst co-workers and making my social support network stronger.

What has been your favourite part about being a WWA?

The best part of the WWA Program is the regular interaction via monthly meetings in which there is a variety of resources that are shared amongst members. The UBC HR WWA coordinators host various events like the mindful meditation sessions that are so thoughtfully developed. During the meetings, WWA members are free to share their own stories and initiatives that they are involved in. Overall, it has certainly helped in learning how others are coping during these

unprecedented times.

Can you tell us one thing you have done as a part of your Ambassador role and how it benefited your department?

Last year, I was fortunate to pick up on my lost hobby of sewing and took on the opportunity of making custom face masks. I received a couple of [UBC Community of Caring Grants](#) to aid me in making over 500 masks for family, friends and the UBC community. I've distributed a dozen to my UBC IT co-workers and donated a few to patients at the Vancouver Children's Hospital alongside a fellow WWA member, who incorporated them into a Boo-Box of goodies for Halloween

What advice do you have for people who are considering becoming a WWA?

The WWA program has been very instrumental in keeping my spirits high. It's beneficial not only for yourself but for the individuals that are around in your social bubble. There are unlimited resources that are available to assist in your wellbeing journey that can be customized with a self-study guide.

How do you Thrive? (i.e. What are some strategies you incorporate for your wellbeing)

Starting January 2021, I've been co-raising a puppy - 'Westy', through [BC & Alberta Guide Dogs](#) with my daughter. He has filled our lives with so much joy, changed our daily routine for the better, and has pushed us to enjoy the outdoors more often. As things have started to open up, I've arranged meet-ups with my co-workers in dog-friendly outdoor parks and encouraged socializing on our nature-filled walks while exploring the beautiful UBC campus. Quote: 'When you learn, teach, when you get, give.' ~Maya Angelou