

Welcome to ***Thrive Together!***

A monthly series of Hoos Well
reward-eligible webinars on
mental health and social and
emotional well-being



UVA's award-winning
employee well-being program



Music credit: I Giorni by Ludovico Einaudi from Spheres [Deutsche Grammophon, 2013]

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mental health and social and
emotional well-being



Thriving by the numbers: *February 2020 – July 2025*

100

Events

9,999

Participants

91

Webinar topics

45

Presenters

4.63 out
of 5

Average rating

Intensity to Vitality: Flourishing Through Chronic "Too-Muchness"

Dr. Kelly Grace

**Executive
Director, UVA's
Contemplative
Sciences Center**

August 28, 2025

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feap
Faculty & Employee
Assistance Program

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FROM INTENSITY TO VITALITY

FLOURISHING THRU CHRONIC TOO-MUCHNESS

R. Kelly Crace, Ph.D.



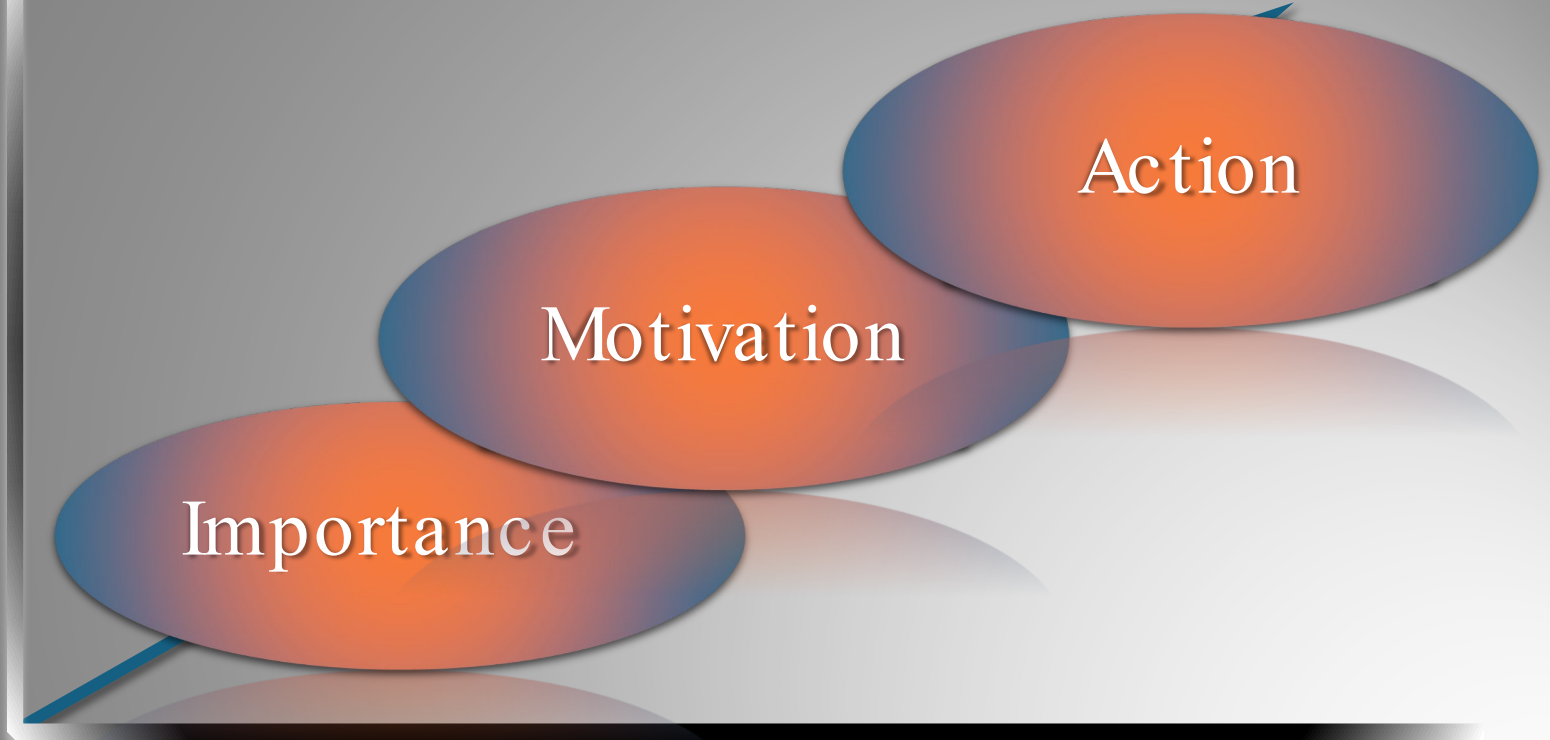
CONTEMPLATIVE SCIENCES CENTER

Combining contemplation, connection, and research to enhance flourishing



Values-Centered Leadership of Self & Others

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ATTENTION TO VALUES

Values-Centered Leadership of Self & Others

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ATTENTION TO VALUES

IMPORTANCE

Cost

Perceived Evaluation

Uncertainty

Fear of Failure
(Pressure)

Natural Responses

Avoid / Escape
Until "Have To"

Over-Control
Mastery

Stress to Strain

Need

Outcomes

Evaluation

Strain to Flourishing

TASK	PURPOSE
Rethinking Values	Authenticity
Values Expression & Management	Integrity
Managing Fear Differently & Coping Effectively	Resilience
Developing the Expressive Mindset	Excellence

Loving
Challenge #1

Annually . . .

Achievement

Belonging

Creativity

Concern for Environment

Concern for Others

Financial Prosperity

Health & Activity

Humility

Independence

Interdependence

Objective Analysis

Privacy

Responsibility

Spirituality

Life Values

Loving Challenge #1

Impact . . .

From Values
Clarification
To Values
Relationship



LIFE VALUES INVENTORY

clarifying your

High Priority	Over-Attention	Under-Attention	Medium/Low Priority
#1 Concern for Others	Belonging	Health & Activity	Concern for Environment
#2 Spirituality	Independence	Objective Analysis	Privacy
#3 Humility	LEARN MORE ▼	Interdependence	Financial Prosperity
#4 Responsibility		LEARN MORE ▼	LEARN MORE ▼
#5 Achievement			
#6 Creativity			
LEARN MORE ▼			

www.lifevaluesinventory.org

Loving Challenge #2

Weekly . . .

Loving Challenge #2

Impact . . .

From Experience-
Minded

To Integrity-
Minded

Loving Challenge #2

Impact . . .

Better Values
Management

Loving Challenge #3

Daily . . .

What opportunities are there for you to engage today
in the two things you want to be remembered for?
(Be realistic with your time and energy)

When you engage in those two things,
do so with complete experiential acceptance

At the end of the day, take time to appreciate
when you engaged in those two things
(no “buts” allowed)

Flourishing thru Chronic Too-Muchness

Essential Nourishment

Purpose

Engagement with Acceptance

Meaning

Essential Seasonings

Enjoyment

Healthy Self-Care

Encouragement

Flourishing thru Chronic Too-Muchness



BEGINNING OF OUR CONVERSATION

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lifevaluesinventory.org





Join us for next month's webinar: **The Science and Art of Good Conversation**

Dr. Adrienne Wood

**Assistant Professor,
UVA Department of
Psychology**

September 18, 2025

Learn more & register:

<https://uvafeap.com/events/science-and-art-good-conversation>

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feap

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Resources

Clickable links will be in the follow-up email
that you will receive tomorrow



Faculty Employee Assistance Program

- uvafeap.com
- 434.243.2643
- FEAP@virginia.edu

FEAP For You portal (Netbadge log-in required)

Webinar archive: Access the recordings and slides
from past webinars in our *Thrive Together* series

Your feedback matters!

**Please take 3 minutes
to complete our webinar
evaluation survey.**



Hoos Well programs and resources

- 434.243.3344
- HoosWell@virginia.edu
- [Learn about our awards & accomplishments](#)

Hoos Well Portal (Personify Health):

- [Log in to the Portal](#)
- [Create your account](#)
- [FAQs: Portal and Rewards](#)

Contact Personify Health Support

- support@personifyhealth.com
- [833.724.8638](#) (weekdays, 8:00 am - 9:00 pm ET)
- [Chat Support](#) (weekdays, 2:00 am - 9:00 pm ET)

How to claim your reward for participating



Employees and their enrolled spouses on the UVA and UPG Health Plans can earn a \$25 reward for attending one Hoos Well-sponsored webinar per quarter, up to four per year.

Three easy ways to claim your reward:

1. Scan this QR code and click the “Start Now” button.
2. On your computer, log in to the Hoos Well Portal, click the Benefits icon at the top, search for “Hoos Well Webinars,” and click “Start Now.”
3. In the Personify Health app: click “Rewards” at the top of the home screen, scroll down to “Attend a Live Hoos Well Sponsored webinar,” then click the “Take Me There” button at the bottom.



Questions? Contact Personify Health Support at support@personifyhealth.com or 833.724.8638 (weekdays, 8:00 am - 9:00 pm ET)

Don't yet have a Hoos Well portal account yet?
Visit enroll.personifyhealth.com and enter “Hoos Well” as your organization name.