## Workplace of the Year

**Institution name**  
Universiti Malaysia Sarawak (UNIMAS)

**Submission title or project name**  
Eudemonia & Contentment During COVID-19: Building Up resilience Amongst Staff in UNIMAS

**Nominee/key personnel**  
Mr Azlan bin Hj Ramli, Registrar

Project Members:  
1. The Personnel Well-Being Unit (UKeP), UNIMAS  
2. Human Resources Department, UNIMAS

**URL**  
https://www.flickr.com/photos/unimasimage/51554352710

**Submission**  
The Covid pandemic has had an unequal impact across the workforce, as different employee groups and individuals will have been affected in diverse ways according to a number of factors.

Improving the well-being stamina of our workforce is needed as we navigate a course through this extraordinary global challenge.

The Personnel Well-Being Unit (UKeP) at our Human Resource Management Division was established to provide psychological and spiritual support to all the campus community – staff and students.

Supporting wellbeing effectively requires a comprehensive approach that addresses mental health and engagement with the psychosocial considerations in this new working environment. With that in mind, UNIMAS Therapy Lounge was set up to create a holistic and effective, therapeutic, natural comforting atmosphere while giving helpful self-care advice to keep staff happy and feeling their best.

The university – through UKeP – is making sure our staff know about the wellbeing support which is available to them.