



Quick Facts:

Name: Erin McDermott

Position at UChicago:

Director of Athletics and Recreation

Why she wanted to be involved in this campaign:

"It takes a team. We all need help and community to be our best selves. I believed in the message of the campaign, and I try to practice being a light for others."

Favorite way to unwind:

"Yoga - challenging and restorative."

What candy bar she would be and why:

"Snickers - it's a classic that has stood the test of time and is a reliable go-to."

Full Story:

"I'm a believer in continuously finding joy and finding time for those things that bring you joy. Taking care of myself looks like intentionally taking time to do the things that bring me joy, not stress. For me, that can look like being healthy and fit through practicing yoga, spending time with people who bring me more than they take from me, traveling to a happy place or new destination, hanging out with my cats, escaping into theatre, movies, or books, listening to music, or indulging my foodie tendencies. Taking care of myself looks like taking time, prioritizing time, intentionally scheduling time to do the things that bring me joy. Stress is inevitable and life will be hard. My responsibility to myself is to offset the struggle through finding my joy."