

Pathway to Wellness

April 2019



“The Disease of Busyness” at SU Schine Center

Monday, April 1st, Healthy Monday Syracuse Lerner Center at SU invites the public to hear Jamie Weisber speak **RSVP by Monday, March 25** at www.Eventbrite.com; search Syracuse University National Public Health week.

Monday Mile walks

April 8, 15, and 29 meet at the UH circle drive at 12 noon walk inside or out depending on weather.

Monday, April 22 is *Earth Day* and *Kick Butts* day! Walkers **plug**, which means to walk and pick up litter as you walk. Bring a plastic bag and gloves. See you at 12 noon at UH Front Parking Circle. Plogging explained- <https://www.youtube.com/watch?v=71xqaqyoOAK>
<https://www.youtube.com/watch?v=kXWFATvYKfM>

Sarah Cavaliere of Accounts Receivable shares department healthy St. Pat’s Celebration. A Green Healthy Salad Bar
<http://www.upstate.edu/health/pdf/healthysaladluncheon.pdf>

April GOER Monthly Challenge

“Be mindful and meditate” Online registration starts April 1st

<https://www.wellnys.goer.ny.gov/> 19 days of the month makes you a challenge winner.

*Need help tracking online? Contact brisks@upstate.edu 4-4565.

1 Minute Meditations from Mindful Monday and Destress Monday.

Here are 6 gifs from Mindful Monday to help you focus on breathe.

https://www.destressmonday.org/6-gifs-help-relax/?utm_source=twitter&utm_campaign=cd79d9d6-687b-423b-beb5-112ef15818ec

<https://www.destressmonday.org/one-minute-meditations-just-need-minute/>

Apple **minute** meditation app

<https://itunes.apple.com/us/app/one-moment-meditation/id873255555?mt=8>

Calm or other apps; remember basics are free; many apps have a premium for a fee.

Mindful org. (non-profit) **1 minute** meditation

<https://www.mindful.org/1-minute-grounding-meditation/>

National Institute of Health

<https://nccih.nih.gov/health/tips/meditation>

Mayo Clinic

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/multimedia/meditation/vid-20084741>

Recipes for mindfulness

3 basic ingredients for meditation

Intention
Attention
Relaxation



Mindful Eating!

Slow down, (20 minutes) take a deep breathe, relax (so you are not eating from stress or emotions). Give thanks, take small bites, savor the sight, smell and taste of your food. Pay attention to your eating and chewing. Notice when your body signals you are full. Sit at a table with no TV or phone. Make a nice environment-like placemat, flowers or silverware. Enjoy the taste, smell and experience of a nutrition for your body. Studies show mindful eating can help you lose weight and those that have recall of eating a meal, eat less calories.

Tranquility Tuesday

Every Tuesday, at 12 noon, RM 1144, Academic Building, 30 min. meditation. Contact the COM Skaneateles Learning Community, Krystal Ripa for information.

- A recorded version is available at: www.upstate.edu/wellness

Meditation Wednesday

Every Wednesday, rm 1406 meditation room at **Community Campus**, 15 minute meditation – Contact Chaplin Services for more information

April is: Stress Awareness Month, Laughter/Humor Month

Friday, April 5th **CAB Comedy Hour** featuring Gibran Saleem - \$5- CAB lobby, doors open at 5:30 pm

JP MORGAN Corporate Challenge 2019

Registration **is now open** for the JP Morgan Corporate Challenge, a 3.5 mile run or walk at Onondaga Lake Parkway on Tuesday, May 21 at 6:45 pm (photos at 6 pm). Race registration closes on May 1st or earlier if the race capacity is met. Sign up online at:

<https://www.jpmorganchasecc.com/city/syracuse>. *There are no refunds for this race. Please make sure you are actively employed and paid by Upstate Medical University for a minimum of 25 hours per week (Verified by Payroll Status) for at least 3 months prior to race day. Must be 18 year of age or older.*



Dog Therapy

April 4th, 1st Thurs. of the Month. Upstate's Health Sciences Library, 11:30-1pm.

Quitting and Cooking Cafe

April 4th; First Thursday of every month in the Cancer Center Atrium Lobby 10 am–12 noon. All are welcome. Get expert advice for you and your loved ones to quit tobacco use for a lifetime and healthy food samples, recipes and light refreshments.

Easy For You

April 9th, Second Tuesday of the every month, 11:30-12:30, 2nd floor lobby of Main Elevator. Anyone with an Upstate ID is welcome get help quitting tobacco, chew or vape. Get **free** nicotine replacement therapy (NRT), expert advice to help you quit and stay quit. Info available to help cover quitting cost of others on your insurance plan.

<http://www.upstate.edu/hospital/health/healthlink/smokefree.php>

- Stop smoking *relaxation and guided imagery* exercises available

3rd Annual Kick Butts Day

Monday, April 22, (Earth Day) The Tobacco-Free Task Force celebrates the 3rd annual Kick Butts Day from 10-12 noon at the Upstate Cancer Center and at **Upstate Community Campus** from 1-3 pm. Unveiling of our new campus wide tobacco-smoke free signs. Mr. Kick Butts, (American Cancer Society) will be there along with Otto (SU), Crunch Man, (Syracuse Crunch), Scooch and Pops, (Syracuse Mets) and Tic (American Heart Association). Help clean up cigarette butts, learn about the Nicotine Replacement Kits for visitors. Let's Clear the Air and the grounds at Upstate. Please contact hankint@upstated.edu to learn more.

Well-Being Index

The Well-Being Index is a validated screening tool to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life. The index developed through a rigorous process with multi-step validation. The index is **9 (nine) questions** and has resources you can use immediately. This screening tool is available online anytime. Go to <http://www.mywellbeingindex.org/signup> access code: "Upstate".

Have you been to Upstate Health Science Library?

Mindful Self-Compassion Workbook – Neff/Germer

30 Scripts for Relaxing Imagery and Inner Healing – Julie Lusk

Crossing the Bridge – guided imagery for health and well-being – Penny Baron, PHD

Wellness kit on Progressive Muscle Relaxation

Contact brisks@upstate.edu

What about Pathway to Wellness?

Invite Suzanne to your next staff meeting for a 15-minute presentation on Wellness programs online and resources for wellness available anytime, any shift and location.

Weigh-In-Wed

Walk-up, weigh-in offering accountability and focus on behavior change.

Now through April 24 (no weigh in April 3rd)

CAB lobby; 8:30-8:50 am;

Jacobsen Hall lobby; 9 am- 9:20 am

UH lobby between information desk/ExpressOasis; 9:30-9:50am;

8th floor lobby 10–10:20 am

Environmental Services Area Basement UH; 2:45-3:45pm

Research Foundation Employees Virgin Pulse Wellness

- *Contact Mark Miller or Lisa Schirtz-Carroll for more information.
 - ***Double Points Week, April 15th- April 19th:** During this week, double points will be earned on steps, active minutes and workouts!
 - ***Journeys Platform, launching April 1st:** Virgin Pulse will now offer now free online wellness coaching through the Journeys Platform.

Pathway to Wellness Kits: Tennis Ball Massage, Positivity Packs, Happiness Bag, and Relaxation kits are a part of the Pathway to Wellness Well-being offerings.

www.upstate.edu/wellness

www.mywellbeingindex.org

<http://goer.ny.gov>

www.facebook.com/UpstatePTW

<http://www.upstate.edu/health/fluinto.php>



Mindful Walking

<https://esmmweighless.com/wp-content/uploads/2016/10/Mindful-Activities.pdf#page=2>

To schedule Employee/Student Health appointments through the portal go to:

<https://eshportal.upstate.edu/>



Forest Bathing is the healing way of Shinrin-yoku **Forest** Therapy, the medicine of simply being in the **forest**. Shinrin-yoku is a term that means "taking in the **forest** atmosphere" or "**forest bathing**". Taking in the forest through your senses. Being mindful in the forest. <https://www.youtube.com/watch?v=12CCjoixpkA>