



Pathway to Wellness

April 2020

www.upstate.edu/wellness
www.facebook.com/UpstatePTW
<https://www.instagram.com/upstateptw/>

You are all doing your part to help! Keep up the great work. You are appreciated. Keep washing your hands. Keep from touching your face. Stay safe.

Practice Managing Stress

...is the <http://wellnys.goer.ny.gov> challenge this month. When you register online you will get a super short tip every day to help you manage stress. Making small changes can make all the difference in your resilience and well-being. Small changes leads to new habits.

Meditations available at: <https://www.upstate.edu/health/wellness/self-care.php>

Facebook connections

... www.facebook.com/UpstatePTW

Monday- Micro Minute of Self Care- more self-care at www.upstate.edu/wellness

Tuesday-Chooseday- having the right mindset

Wellness Wednesday- topics/discussion/readings from professional journal

Thankful Thursday/Game day-fun and gratitude in one online session.

Friday- Social Connecting time- 3pm, less calories than a happy hour.

Thank you Advocates!

“Make better food Choices” was the March Challenge. We doubled the number of participants participating in WellNYS challenges thanks to Advocates for Upstate. Congratulations to participants. PTW will be sending out the certificates and coupons later than originally expected. The **Perk Up**, located in the lobby of Upstate University Hospital and **Upstate Bistro**, located on the 2nd floor of the Academic Building are both closed right now. Both locations offer Starbucks-brand coffee, food, and other hot and cold beverage items. PTW will keep you updated. **Thank you Advocates for Upstate.**

Become an Advocate for Upstate

Monday Mile walks

.....Get out and walk on Monday – Start a new well-being habit!

Pathway to Wellness Committee Meets May 13, 2 pm; rm 122 CAB, brisks@upstate.edu

Well-Being Index

.... a validated screening tool to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life. The index is 9 (nine) questions and has resources you can use immediately. This screening tool is available anytime. <https://app.mywellbeingindex.org/login>
access code: “Upstate”.

A gentle reminder for all: Sacred Spaces and Gardens

Upstate Medical Hospital

- Treehouse Chapel, 12th floor of the tree house
- Meditation room, Health Science Library, Weiskotten Hall
- Interfaith Chapel on first floor lobby, opposite the gift shop
- Cancer Center Meditation Room, near piano on first floor
- Healing Garden on second floor of the Cancer Center
- Children’s Garden outside hospital
- Campus Community Garden in front of Campus Academic Building

Upstate Community Hospital

- Meditation Chapel on first floor
- Third Floor Spiritual Care Office
- Healing Gardens, one by café and the other access via front entrance between parking and employee health offices.

2020 Vision for Wellness

20 minute recorded presentation on creating a vision for your wellness presented by Linda Carignan-Everts (WellNYS.GOER.NY).

Go <https://www.upstate.edu/health/wellness/programs.php> scroll down to first program – Vision for Wellness. Link for printable worksheets and recorded presentation.

Do this to make Better Food Choices

A 20-minute recorded presentation **is** offered at www.Upstate.edu/wellness

WASH YOUR HANDS! KEEP HANDS OFF FACE.
MAINTAIN A POSITIVE ATTITUDE.
PRACTICE STRESS MANAGEMENT.

Websites for wellness

<p>www.upstate.edu/wellness self care, weight, diabetes education, resources and more</p> <p>www.mywellbeingindex.org helpful self-evaluation tool logon with “Upstate”</p> <p>app.mywellbeingindex.org wellbeing index</p> <p>http://goer.ny.gov monthly challenges, daily health tips sent to your email and 5k Magnets</p> <p>www.facebook.com/UpstatePTW keep up with events, recipes, photos and fun!</p> <p>Lernercenter.syr.edu newsletter or weekly population health briefs.</p> <p>https://eshportal.upstate.edu Employee/Student Health appointment portal</p> <p>https://www.upstate.edu/health/maskreqs.php masks</p> <p>https://www.upstate.edu/health/fluinfo.php flu information</p> <p>https://www.upstate.edu/pated/intra/education-tv.php The Upstate Wellness Channel</p>
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