



# Pathway to Wellness December 2020

Website: [www.upstate.edu/wellness](http://www.upstate.edu/wellness)

Facebook page: [www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)

Instagram: <https://www.instagram.com/upstateptw/>

**Recordings and links of PTW programs**, please go to [www.upstate.edu/wellness](http://www.upstate.edu/wellness) website under *monthly events* tab, click on the month the event occurred.

<https://www.upstate.edu/health/wellness/events-tabs.php>

**Making Wellness EASY-Send me your email address if you want calendar invites; or send me one person in your department who will share the invites. Thank you!**

**Make the Holidays Healthier** WellNYS GOER DECEMBER Monthly challenge ...is the <http://wellnys.goer.ny.gov> **December** challenge. When you register online you will get a tip every day to help you succeed in the challenge. Calendar & tips are also at: <https://www.upstate.edu/health/wellness/events-tabs.php> so you can use a paper format.

## **2021 WellNYS GOER Monthly Challenges**

**Resolutions, create habits & department challenges!**

- January – Start or pursue a hobby
- February – Take care of your mental health
- March – Try a new healthy recipe
- April – Take a financial challenge
- May – Move more
- June – Plan 21 fun and healthy things to do this summer
- July – Connect to nature in New York
- August – Try, taste, and tally it up: a fruit and vegetable challenge
- September – Focus on foot health and posture
- October – Enjoy the fall harvest
- November – Practice thankfulness
- December – Start each day with a positive affirmation

**30 days, 30 To-Dos to Create a Healthy Habit, Dec 10<sup>th</sup>**; will record.

Linda Carignan – Everts; Director of WellNYS EAP State Wide Wellness Program, will present. Linda is a Certified Health Coach, Certified Wellness Practitioner and super presenter. All of her presentations have received positive evaluations.

Every month, the WellNYS Everyday initiative provides a Monthly Challenge to create a healthy habit. Linda will discuss how to use the WellNYS Daily To-Dos to-start a habit. Using a poll at the beginning of the presentation, participants will vote which healthy habit they would like to presenter to discuss. Choices: start a wellness vision, get more sleep, practice managing stress, be physically active, go outdoors more often, or drinking water.

Date: Thursday, December 10, 2020

Time: 12:00 pm, Eastern Standard Time

Session number: 161 630 7819

Session password: WellNYS2020

Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=t668ca2234e7fa7bc0c6774032bccf924>

## **Healthy Holiday Challenge!**

The Healthy Holiday challenge is here again! All online! Register any time now – Dec. 31. This is one where your friends, neighbors, and coworkers can all participate.

<https://esmmweighless.com/holidaychallenge/>

## **Want Wellness? Let me show you.**

Take a 20-minute webinar tour to find wellness right at your computer- I will show you how to navigate the PTW website, the NYS GOER Website and SUNY Perks. Everything from find diabetes programs, walking trails, meditations, monthly challenges, smoking cessation, cooking classes, hip-hop dance classes, Yoga and more! All at no charge and available 24-7. Let's go!

Friday, Dec 11 at 12 noon, or 12:30  
or Monday, Dec. 14 at 12 noon or 12:30  
Tuesday, Dec 15 at 12 noon or 12:30

join any at: <https://upstate.webex.com/meet/brisks>

**The Key to Keeping Your Resolutions-** A recorded webinar Dec 16<sup>th</sup> or 18<sup>th</sup> with BJ Fogg, Sandford University In this webinar, you'll learn:

- Why most New Year's Resolutions fail; The key to lasting behavior changes How to tap into your aspirations; How to apply the "Swarm of Behaviors" to achieve your goals

Join on Dec 16 or Dec 18 at 12 noon- the presentation is about 30 minutes, then a Q and A.

<https://upstate.webex.com/meet/brisks>

Watch on your own <https://community.virginpulse.com/2020-holiday-nutrition-toolkit-virgin-pulse-thank-you?submissionGuid=63665639-492a-4016-a1fa-31a6c58efda8> scroll down

## **Easy for You Dec 8**

Everyone with an Upstate ID can get help for quitting tobacco, chew or vape. On Tuesday, Dec. 8 from 11:30 am to 12:30 pm in 7335B of the west wing at Upstate University Hospital meet with Thresa or Carolyn. Free nicotine replacement therapy is available. For more information, contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or [walczykc@upstate.edu](mailto:walczykc@upstate.edu).

## **Smoking and Vaping cessation- Jan 6**

The HealthLink webinar series to quit smoking or vaping starts Jan 6<sup>th</sup> at noon and is every Wed at noon for 6 weeks. Call 464-8668 to register.

## **Journaling! Dec 4**

Journaling is great tool for Wellness and Well-Being. MaryAnn Stark of Professional Development and Learning will offer a virtual class Friday, December 4<sup>th</sup> from 8 am to 10 am. To register for the Journaling class go to:

<https://www.upstate.edu/pdl/intra/register/index.php?topicid=143676> Those registered will receive the zoom link from the instructor a few days prior to the session.

## **When are Children are well- You feel well.**

Are your children with you? 10 minute – **make a stress ball!** [https://youtu.be/Vp\\_sYZxKm1s](https://youtu.be/Vp_sYZxKm1s)  
You will need a half cup of flour, balloons and a dry, empty water bottle. You can also use Orbees if you soak them a head of time.

**An easy holiday craft** – You will need 36 jingle bells, 3 pipe cleaners and a ribbon.  
Spending time with a love one is great for your well-being. <https://www.craftymorning.com/3d-jingle-bell-ornament-using-pipe-cleaners/>

## **How to Prepare your Children for the Holidays**

<https://discoveries.childrenshospital.org/holidays-during-covid-19/>

## **Well-Being Index**- online tool available anytime

.... a validated screening tool to evaluate depression, burnout, anxiety/stress, and mental/physical quality of life. Index has resources you can use immediately. Physicians Wellbeing Taskforce. <https://app.mywellbeingindex.org/login> access code: "Upstate".

## **Monday Mile- be watching for a challenge in 2021.**

Everyone wishing to walk the Monday Mile with others, please meet at 12 noon at the main first floor elevator lobby on Mondays! The outside trail is posted with signs. There are indoor trails a listed at: <https://www.upstate.edu/health/wellness/trails.php> or measure a mile near your home. Let's walk to become **more resilient** and manage **our self-care**. Please follow your Physicians recommendations for exercise.

## **Meatless Monday**

Morrisons's *Café 750* - You can always find meatless options available.

**Webex Pathway to Wellness Committee Wednesday, January 13<sup>th</sup>, 2 pm;**  
-contact [brisks@upstate.edu](mailto:brisks@upstate.edu) for link

## **REMINDER for Research Foundation Employees**

It's easy to earn up to **\$400 a** year while improving your health. Complete simple healthy behaviors to earn money that can be deposited right into your bank account. Or, you can use it to purchase gift cards or certain wearable devices. Any money earned is considered taxable income. To sign up for the **Virgin Pulse Program**, go to: [join.virginpulse.com/rfsuny](http://join.virginpulse.com/rfsuny)

[https://www.upstate.edu/hr/document/virgin\\_pulse.pdf](https://www.upstate.edu/hr/document/virgin_pulse.pdf)

[https://www.upstate.edu/hr/document/rf\\_special\\_bulletin.pdf](https://www.upstate.edu/hr/document/rf_special_bulletin.pdf)

## Wellness Websites.

<https://www.upstate.edu/health/fluinfo.php> flu information. Make an appointment for your flu shot!

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, walking trails, resources and more

[app.mywellbeingindex.org](http://app.mywellbeingindex.org) wellbeing index Login with “upstate”

<http://goer.ny.gov> monthly challenges, daily health tips sent to your email

[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW) keep up with events, recipes, photos and fun!

[Lernercenter.syr.edu](http://Lernercenter.syr.edu) newsletter or weekly population health briefs.

<https://eshportal.upstate.edu/> Employee/Student Health appointment portal

<https://www.upstate.edu/health/maskreqs.php> masks

<https://www.upstate.edu/health/fluinfo.php> flu information

<https://www.upstate.edu/pated/intra/education-tv.php> The Upstate Wellness Channel



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