



## *Pathway to Wellness* **JULY 2020**

[www.upstate.edu/wellness](http://www.upstate.edu/wellness)  
[www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)  
<https://www.instagram.com/upstateptw/>

### **Stay Hydrated with Water**

...is the <http://wellnys.goer.ny.gov> July challenge. When you register online you will get a tip every day to help you succeed in the challenge.

**New to the above website NYS Quits** – there is now a direct link.

**Headspace** – a partnership with this mindfulness & meditation website.

More on hydration-

<https://www.localsyr.com/bridge-street/the-importance-of-staying-hydrated/>

### **Introduction to Alzheimer's**

Taylor Kuzel, MPH (Upstate Alumna) will be the online presenter.

Introduction to Alzheimer's-a program on warning signs, basic definitions, & support services

**Thursday, Jul 9, 2020 12:00 pm** | 30 minutes |

Meeting number: 160 467 7732

Password: azUmE2e35U9      Webex works better with Chrome

<https://upstate.webex.com/upstate/j.php?MTID=mec3d41d1f165b32b9862e77bcc3d947a>

### **Come to the Upstate Community and Wellness Garden event**

**Tuesday, July 14- 11-1 pm.** Get a chive plant (first 50 people) and a recipe at the garden located at the side of Jacobsen Hall, in front of Campus Activities Building.

<https://www.facebook.com/UpstateCommunityGarden/> facebook page

<https://forms.gle/MRLKCzPk4R8Fo9a58> sign up to help

<https://www.noblehour.com/go/QQYK1TUU1-> register volunteer hours

### **Happiness! Science of Wellbeing!**

<https://www.coursera.org/learn/the-science-of-well-being>

This course was started for students at YALE. The course is completely online and broken up in to 10 weeks of “classes” that you can progress through at your pace. There is no fee to take the class and Upstate, nor Pathway to Wellness, nor does anyone at Upstate benefit from promoting Coursera or this course on the Science of Well-being. You could be happier and healthier by taking this class. Practical experience in creating behavior changes or “rewirings”.

Wouldn't this be great if departments, residents, learning groups or management started the class together? Ask Carol Sames or Suzanne Brisk about the course.

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

## **Solutions for Managing Stress During a Crisis- Now online**

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

Change and stress come from many different directions. This recorded webinar, Linda Carigan-Everts, EAP Wellness Coordinator, CWP; provides a realistic view of the unhealthy habits people rely on to manage stress and provides positive solutions that can reduce their stress.

## **Pathway to Wellness Goes Online**

What does this mean? PTW will continue to support programs like Mile Monday. That might mean a walk around your neighborhood or following the Monday Mile signs on campus. PTW will continue to support healthy programs and encourage healthy habits. The focus for PTW will be on providing programs online/social media. The benefit is that PTW can meet you where you are located and when programs are recorded you can participate at a time that works for you. Wellness will become individualized, accessible anytime and any location with this change. [And we saw in June how much you liked this format!](#)

## **Facebook daily Wellness programs**

... [www.facebook.com/UpstatePTW](http://www.facebook.com/UpstatePTW)

Monday-Micro Minute of Self Care- more self-care at [www.upstate.edu/wellness](http://www.upstate.edu/wellness)

Tuesday-Choose day- 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.

## **Syracuse Work-Force Run, No team this year 2020**

(formerly JP Morgan Corporate Challenge) Sept 10, 2020. Upstate will look at this in 2021.

## **Well-Being Index**

.... 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".

Webex ***Pathway to Wellness Committee July 8, 2 pm;*** [brisks@upstate.edu](mailto:brisks@upstate.edu)

Thank you to Brenda Nellenbeck, Ed Com; for formatting the webpage for recorded webinars.

[www.upstate.edu/wellness](http://www.upstate.edu/wellness) self care, weight management, diabetes education, resources and more

[app.mywellbeingindex.org](https://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](http://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