



## *Pathway to Wellness* June 2020

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

### Solutions for Managing Stress During a Crisis- June 9th

In these unprecedented times, change and stress come from many different directions. During this webinar, the 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. These strategies include exploring relaxing hobbies, discovering the power of mindfulness, practicing ways to increase your energy, learning the benefits of daily physical activity, expressing gratitude, and mastering a breathing activity that can help. This presentation will be offered via WebEx- **25-30 minutes**. **Tuesday, Jun 9, 2020 12:00 pm** Meeting #: 160 877 8659, Password: qDWWP3V9PY6

<https://upstate.webex.com/upstate/j.php?MTID=m9637f85f73a8e781aebbf3a484e52>

### Go Outdoors More Often

...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 succeed in the challenge.

### Pathway to Wellness Goes All Online

- More individualized
- Access any time
- Access where you are

Pathway to Wellness will offer programs you can access online starting with the stress management Webinar on Jun 9<sup>th</sup>.

There are daily events and programs, tips and links on the [facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW) page. As we go, we hope to record and keep links to programs and store on the [www.upstate.edu/wellness](http://www.upstate.edu/wellness) website.

As we transition, I would like to hear from you. How do you prefer to get your wellness information?

- Via newsletter
- Email
- Facebook, Instagram, Pinterest
- Phone call/text
- Website

Please drop me an email at [brisks@upstate.edu](mailto:brisks@upstate.edu) and let me know your preferences for future planning. Thank you.

### Facebook Wellness programs

... [www.facebook.com/UpstatePTW](https://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

(formerly known as JP Morgan Corporate Challenge) has been pushed back to Sept 10. At this time, Upstate has not made a decision to participate. We will do our best to keep you posted.

## Wellness/Mindfulness Groups for Upstate Employees

What: During this challenging time, the Department of Psychiatry is offering free confidential weekly wellness/mindfulness groups for Upstate employees. Mondays from 4-5:15 beginning May 4, via Zoom, for 9 weeks. Goals of Group: increase resilience, feel more connected/less isolated, and reduce burnout. The groups are open and spots are limited to 12 participants each week. We encourage you to RSVP early to saletskr@upstate.edu, by the end of business the Friday before the new group begins.

## 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".

### Websites for wellness

[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](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

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