



Pathway to Wellness

May 2020

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

Happy Hospital and Happy Nurses week!
Keep up the great work. Take a pause, breathe.

Be Physically Active

...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.

Facebook connections

... www.facebook.com/UpstatePTW

Monday-Micro Minute of Self Care- more self-care at 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.

Quit Smoking and Vaping for Good (Free!) Online

Healthlink, Wednesdays: May 20, 27; June 3, 10, 17, 24; 12-1PM& 5-6PM, Zoom Conferencing (Register to receive link) Presenter: Theresa Hankin, RRT, CTTS, coordinator, smoking cessation program, Upstate Medical University, call Upstate Connect at [\(315\) 464-8668](tel:3154648668). Or click

[Click to Register for Quit Smoking and Vaping for Good & for Free! 12-1pm](#)

[Click to Register for Quit Smoking and Vaping for Good & for Free! 5-6pm](#)

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 self care, weight management, diabetes education, resources and more

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 keep up with events, recipes, photos and fun!

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 May 13, 2 pm; brisks@upstate.edu