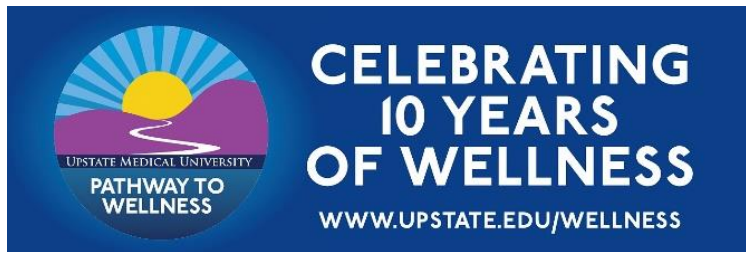


May 2022



Nurses Week May 1-8 Thank you Nurses!

Mon. May 2nd, 12 noon, Digital Commensality, Aka breakroom or water cooler chat

20 minutes, not recorded. Eat, talk and connect with coworkers. Time to visit & be social. Like eating in your break room only on webex. Last month we talked about discounts on computer purchasing. Join us at: <https://upstate.webex.com/meet/brisks>

Wed. May 4th at 12 noon, Support During the Pandemic Through

Self-Care (will record) Come engage in **Self-Care with Project Hope** on Wednesday, May 4th at noon! Approx. 40 minutes. Alix Foisy, LMSW; and Wendy Neifeld-Wheeler, PhD; will be co-presenting along with Cheryl Gerstler, from the Office of Mental Health, Project Hope. NY Project Hope helps all New Yorkers understand their reaction and emotions during COVID-19 and provides resources to help you take care of you. Join at: <https://upstate.webex.com/meet/brisks> for this **interactive presentation** as we discuss stress, self-care. *Participants will learn coping tips and relaxation exercises, and have an opportunity to practice techniques during the session.* More information about NY Project Hope can be found at www.nyprojecthope.org

NY Project Hope Emotional Support Helpline (844) 863-9314 – 7 days a week, 8 a.m. to 10 p.m.

Thurs. May 5th at 12 noon, Move to Your Favorite Song

This 30-minute presentation by Linda Carignan-Everts; NYS Statewide EAP Wellness Coordinator will share tips on how to get more activity into your day, promote EAP, the website and also Work Life Services programs. Register at:

<https://meetny-broadcast-pilot.webex.com/meetny-broadcast-pilot/k2/j.php?MTID=td12ce495fd40e2248bf803075abd5d69>

May Challenge: Dance or Move to your favorite song (Use movement to elevate your hospital/nurse's week mood) **Register at:** <https://wellnys.oer.ny.gov/>

NOTE: OER- Office of Employee Relations WELLNYS

The Governor's Office of Employee Relations is now called OER
(Office of Employee Relations.)

The website address **was** wellnys.goer.ny.gov

The new website **is** <https://wellnys.oer.ny.gov/> .

May 5th – Hand Hygiene Day- <https://www.youtube.com/watch?v=lisgnbMfKvI>

National Employee Health and Fitness Day is Wed., May 18th
May is National Employee Health and Fitness Month.

Hospital Week May 8-14th Happy Hospital Week!

Mon. May 9th Mindful Monday Mindful Meditation-loving kindness meditation at:
<https://www.facebook.com/HealthyCuse/photos/pcb.155224916981567/155224896981569>

Or do a Mindful *Monday Mile*-<https://www.mondaycampaigns.org/destress-monday/step-mindful-walking>

Tues. May 10th Tuesday 10 minutes at 10 am on the 10th ...will record

At 10 am join Suzanne for 10 minutes of fun dance moves; the Macarena, the Cupid Shuffle and the Electric Slide. Come laugh, circulate your blood and elevate your mood.

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

May 11 Wellness Wednesday Movement is Medicine:

UPSTATE's Carol Sames, PhD., presents **Movement is Medicine**. Information on the Physical Activity Guidelines; benefits of physical activity and how to get started on an activity program.

This recorded webinar is available all day at: <https://www.upstate.edu/health/wellness/monthly-events.php> in the recorded events column

May 12, Thankful Thursday

[Simple Ways to Practice Gratitude | American Heart Association](#)

Thurs. May 12 Chair Yoga

Join Suzanne for 12 minutes of Chair Yoga at 12 noon: <https://upstate.webex.com/meet/brisks>
We will go over Carl Dawson's chair yoga from the University of Vermont.

On your own go to:

[No Yoga Mat Required: Easy Stretches You Can Do In A Chair - Eat Smart, Move More, Weigh Less \(esmmweighless.com\)](#) or [Chair-yoga-Univ-of-Vermont.pdf \(udel.edu\)](#)

Fun Friday What would happen if you took the stairs 10 days in a row?

Streak 10 Days in a Row

We are not talking about the fad in the mid to late 70's here!

We are talking about *Streaking Your Activity!*

What Activity are you planning to streak for 10 days in a row?

Take a photo, share with the Pathway to Wellness committee.

Are you seeing less of some people?

That is because 54 pounds were lost from Feb to April in Weigh in Wednesday. Be healthy, boost immunity!



<https://www.upstate.edu/health/wellness/trails.php>

Want to go for a walk? May is a great Month to grab your coworkers and do a Monday Mile. Why not





Recordings and links of PTW (Pathway to Wellness) programs

Please go to 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>

Handy wellness links for more activity

[Create a Circuit Home Workout Infographic | American Heart Association](#)

[Try the 10-Minute Home Workout | American Heart Association](#)

[10 Minute Cardio Workout | 30 Day At-Home Workout Challenge | Day 27 - YouTube](#)

[TABATA Plank Challenge W/ORIGINAL TABATA SONG - 4 Min Plank Variations - Core Workout - Intervals - YouTube](#)

[Fierce 5 Movement Break: Upper Body Strength - YouTube](#)

[15 Min. Full Body Stretch | Daily Routine for Flexibility, Mobility & Relaxation | DAY 7 - YouTube](#)

[BURN 300+ CALORIES IN JUST 10 MINUTES \(NO EQUIPMENT HIIT\) | Ashton Hall OFFICIAL - YouTube](#)

Well-Being Index

Tool available **anytime** to evaluate depression, burnout, anxiety/stress, and mental/physical quality of life. Index has resources you can use immediately.

Wellbeing Council. <https://app.mywellbeingindex.org/login> access code: "Upstate".

May is Mental Health Month!



EASY FOR YOU

Upstate's tobacco treatment program, will be held **Tuesday, May 10th** from 11:30 a.m. to 12:30 p.m. in 7335B of the west wing at Upstate University Hospital. Those with an Upstate ID are welcome to receive help quitting tobacco, chew, and vape. Free nicotine replacement therapy (NRT) is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or walczykc@upstate.edu



Self-care

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



<https://wellnys.goer.ny.gov/5k.cfm>

My First or Next 5k

Magnets will be back for 2022

Annemarie Cristino, MSW, CEAP, coordinator for UPSTATE's **Employee Assistance Program** offers this tip: **Practice Gratitude**. Practicing **gratitude** has far-reaching effects, from improving our mental health to boosting our relationships with others. Notice good things. Look for good things. Appreciate when good things happen. Savor, absorb, and really pay attention to those good things. Express your gratitude to yourself, write it down, or write someone a thank you note. For more information on the Employee Assistance Program, visit <https://www.upstate.edu/eap/> or email Annemarie Cristino at CristinA@Upstate.edu