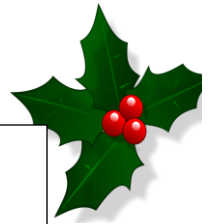




Pathway to Wellness December 2021



Help the Pathway to Wellness Committee.

What topics do you want to hear more about in 2022? Posture? Mindset? Nutrition? ...? Best time? Best program duration time? Email your ideas to brisks@upstate.edu

Begin Your Day with a Positive Habit webinar- Dec 9th Linda Carignan-Everts, GOER WellNYS Program Manager will present. Time, link and description coming soon.

Start Each Day with a Positive Affirmation GOER Monthly Challenge

Register at: <https://wellnys.goer.ny.gov/> Daily tips makes the challenge easy. WellNYS GOER

Therapy Thursday Pet Partners & UMHSL

December 2, 11:30- 1pm in the Upstate Medical University Health Science Library!

Quit Café

December 2 from 10 to 12 in the Cancer Center Lobby (First Thursday each month) Theresa Hankin can help answer your questions on quitting vape, chew, tobacco!

Faces of Pathway to Wellness Committee!

Jarrold L. Bagatell - Chair
Allison C. Dodge
Amanda S. Brown
Anca Dogaroiu
Anna Maria Hinman
Carol Sames
Colleen B. Lupia
Daniel Ellithorpe
Diane M. Mantooth
Jodi L. Butterfield



Beth Sellers



Katherine Daley



Rebecca Ossevoort

Joyce S. Mackessy
Lauren H. Rosenstein
Ryan P. Green
Ryan P. Knarr
Sara LaPointe
Sarah E. Lawler
Sarah L. Trapani
Stacey E. Keefe
Theresa C. Hankin
Mark Miller

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 Taskforce. <https://app.mywellbeingindex.org/login> access code: "Upstate". **Well-Being Committee;**

January 21 at 12 noon Dr. Kohman will present "How are You REALLY Doing?"

Monday Mile

Walk a Monday Mile anytime on your own or with your department.

Monday Mile trails are all over the county. Mark your own in your neighborhood depending on your work location. Trails are marked around Downtown and Community Campus. Other trails are listed at <https://www.upstate.edu/health/wellness/trails.php> Please follow your Physicians recommendations for exercise.

Upstate RESEARCH FOUNDATION Employees and Virgin Pulse

Contact Mark Miller, Millerm@upstate.edu for more information. Join the SUNY Upstate Pulsers. Find out about the Virgin Pulse incentivized wellness program for RF employees. Get involved.

EASY FOR YOU

Upstate's tobacco treatment program, will be held **Tuesday, December 14, 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

The Tobacco-Free Task Force asks that you direct any visitors who are using tobacco on campus to get **free** nicotine lozenges (NRT- Nicotine Replacement therapy) at the main lobbies of both campus locations. Available 24/7. Please let visitors know "*there is no where you can use tobacco on our campus*". We are a Tobacco Free Campus and that designation means we have no location anywhere on campus where smoking is permitted.

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Recordings and links of PTW 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>

Know anyone with a successful lifestyle change during the past year?

Tell me. Adding new **success** stories to: <https://www.upstate.edu/health/wellness/success.php>

Pathway to Wellness Committee Wednesday January 12, 2 pm;

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

Some 2022 WELLNYS EVERYDAY MONTHLY CHALLENGES-

Jan – Set a new health -related goal and track your progress

Feb- Create a bucket list or vision board

March-Eat one meal without distractions

April- plan a vacation!

Getting the Most Out of the Holiday Season

To make this holiday season more joyful and fulfilling, there are some healthy ways to deal with stress. One way is to try to have more realistic expectations about your holiday experiences. Unrealistic expectations can have the potential of disappointing you (e.g., everyone needs to have the best experience). Also, it is alright to ask for help with holiday planning and activities, especially if you feel overwhelmed with all that needs to get done. In addition, when you are engaging in holiday activities with family and friends, try to enjoy the moment instead of getting distracted by past or future events to enjoy your holiday experiences and avoid additional stress. Finally, balancing healthy food options with the holiday treats, keeping up with exercise when possible, and trying to get adequate sleep can help you get the most out of the holiday season.

Remember that you can always contact the **NYS Emotional Support Line** at 1-844-863-9314 for a supportive conversation when things get too difficult for you. For information and resources for issues during the holiday season, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244.