



Pathway to Wellness

February 2021! Rhymes with **fun!**

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Recordings and links of past 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>

Make Wellness EASY-PEASY Send me your email address if you want calendar invites; or send me one person in your department who will share the invites. Thank you!

Weigh In Wednesday

We've adapted the *DeStress for Success* series to supplement Weigh-in-Wednesdays! *DeStress for Success* will now offer quick and simple ways to support your weight loss journey. Learn tips to manage your mindset around diet & exercise, create long-lasting habits, set *and meet* your health goals, and savor the process, all while practicing self-compassion and bettering your physical and emotional health! The series will run on **Mondays from 4-4:20pm** and begins **February 15**.

Join in at: **Join Zoom Meeting**

<https://syracuseuniversity.zoom.us/j/93176462510>

For questions about the series please email mkschutt@syr.edu.

2021 WellNYS GOER February Monthly Challenge

Take care of your Mental Health Invite your department!

Register at: <https://wellnys.goer.ny.gov/>

Other ideas: Free *Headspace* for everyone- <https://www.headspace.com/covid-19> articles, meditations including a 10-minute walking meditation and a *panicking* meditation!

If you enrolled in the *Headspace* free offering for nurses or physicians in 2020, head space has extended those free enrollments to March 31. No new free health care enrollments.

Other app options are: *Calm, Happify, 10% Happier, Insight Timer*. Some have premium pricing.

Take 10 minutes to do: Relieving Stress Meditation together, **Feb 4th and or Feb 18th** at 12 noon

Take 10 minutes to do: Walking Meditation together, **Feb.11 and or Feb 25** at 12 noon

Take 5 minutes to do: Panicking Meditation together **Feb 19** at 12 noon and or at 4 pm

Join others at: <https://upstate.webex.com/meet/brisks>

Ready to go on your own? <https://www.headspace.com/covid-19>

10-minute STANDING stretch Dedicated those who need a stretch, yet cannot get on the floor with scrubs on, do not have access to a mat right now or need a quick break.

Feb 10 at 4pm

Feb 15 at 12 noon

Feb 17 at 12 noon

Got 10 minutes? Let's get started at: <https://upstate.webex.com/meet/brisks>

Ready to go on your own?

[\(102\) 20 Minute Standing Stretch Flow | 30 Day At Home Workout Challenge Day 5 - YouTube](#)

5-minute-deep breathing exercise

Feb 5 at 12 noon and/or at 4 pm. Let's do this together: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://www.youtube.com/watch?v=Z8emmFOuhxE>

The Science of Well-Being

I finished The Science of Well Being class about two weeks ago. It was so good. I loved the practical applications as well as the science that backed up the teachings. Hearing about common habits that were proved through experiments and research to impact happiness really brought Professor Santos' teachings down to earth. The self-assessments at the beginning and end of the class also gave me data about myself. I so appreciate the offering of this class for free to employees. Colleagues told me about it as I had missed that email somehow. They have both started the course but haven't finished it. I started it, and could not wait for the next week to learn more. Again, this email is just my expression of gratitude for this opportunity. Kimberlee Garver

Join others on **Monday, Feb 8 at 12 noon** to help get you get logged in and navigate the online course. <https://upstate.webex.com/meet/brisks>

Ready to go and want to start? <https://www.coursera.org/learn/the-science-of-well-being>

10 minutes of Walking

Need to get some exercise in somewhere? Join others on

Tuesday, **Feb 9** at 12 noon and/or at 4 pm for 10-minute fun walking break, doing Rhythm to

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

Tuesday **Feb 16** at 12 noon and or at 4 pm. Doing the Steel City 1 mile

Join us at: <https://upstate.webex.com/meet/brisks>

Ready to go on your own? YouTube Leslie Sansone, Reps to Rhythm or Lucy Wyndham Read.

Here is 8 minutes by Reps to Rhythm <https://www.youtube.com/watch?v=8JVlI8ai52U>

Here is the Steel City 1 mile <https://www.youtube.com/watch?v=XhDvvCtR4Qc> Leslie Sansone

Easy for You Feb 9th

Everyone with an Upstate ID can get help for quitting tobacco, chew or vape. On Tuesday, Feb. 9th from 11:30 am to 12:30 pm in 7335B of the west wing at Upstate University Hospital meet with Thresa or Carolyn. Free nicotine replacement therapy is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or walczykc@upstate.edu.

Well-Being Index- online tool available anytime

.... a validated screening tool to evaluate depression, burnout, anxiety/stress, and mental/physical quality of life. Index resources you can use immediately.

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

When our Children are well, you feel well.

Are your children with you? 10 minute – [make a stress ball!](https://youtu.be/Vp_sYZxKm1s) https://youtu.be/Vp_sYZxKm1s
You will need a half cup of flour, balloons and a dry, empty water bottle. You can also use Orbees if you soak them a head of time.

Also, Child resources at SUNY Perks -

https://www.perksatwork.com/store/index/type/workingparents/uSource/RDRCAT#

Also, Happify offers a Family Yoga class at:

<https://www.facebook.com/HappifyHQ/videos/412980146455963>

Healthy Monday – Let Your Kids Lead Your Workout

https://www.mondaycampaigns.org/move-it-monday/5-easy-ways-to-workout-with-your-kids?utm_source=Healthy+Monday&utm_campaign=cb8ec6cdaa-HM_2021_1_25&utm_medium=email&utm_term=0_b96fa14bc8-cb8ec6cdaa-67638741

Monday Mile- be watching for a challenge in 2021.

Everyone wishing to walk the Monday Mile with others, please meet at 12 noon at the main first floor elevator lobby on Mondays! The outside trail is posted with signs. There are indoor trails a listed at: <https://www.upstate.edu/health/wellness/trails.php> or measure a mile near your home. **Let's walk** to become **more resilient** and manage **our self-care**.
Please follow your Physicians recommendations for exercise.

Meatless Monday

Morrisons' Café 750 - You can always find meatless options available.

Pathway to Wellness programs are for **everyone with an Upstate ID-** staff, students, volunteers, nurses, doctors, RF employees, administrative assistants, social workers.

For programs specific to Doctors- contact Dr. Kohman.

For programs specific to Residents, Fellows, students contact Dr. Nanavati.

For programs specific to Research Foundation Employees contact Mark Miller or Lisa Schirtz

REMINDER for Research Foundation Employees

It's easy to earn up to **\$400 a year** while improving your health. Complete simple healthy behaviors to earn money that can be deposited right into your bank account. Or, you can use it to purchase gift cards or certain wearable devices. Any money earned is considered taxable income. To sign up for the **Virgin Pulse Program**, go to: join.virginpulse.com/rfsuny

https://www.upstate.edu/hr/document/virgin_pulse.pdf

https://www.upstate.edu/hr/document/rf_special_bulletin.pdf

Pathway to Wellness Committee Wednesday, March 10, 2 pm;
<https://upstate.webex.com/meet/brisks>

Wellness Websites and on your own wellness

Do These 7 Stretches Daily- <https://www.youtube.com/watch?v=RaNAhhOsB0s>

Bob and Brad- 2 Physical Therapists lead you through stretches.

7 Minute Chi, Available on iOS; free with option for in-app purchases

Looking to center your mind while getting physical movement in, too? In just seven minutes, you can energize yourself physically and mentally with tai chi and Chinese qi gong, a moving meditation. An afternoon pick-me-up or even just as a quiet way to start your day.

Map My Walk, Available on iOS and Android; free with option for in-app purchases

Love to walk for exercise? For every mile you walk, you'll get feedback and stats to help you improve your performance. You can choose from over 600 different sports activities to track your movement. You can also use the app's "Routes" feature to find new paths to walk.

Let's cook at Home- Weight Management- Penn State Cooperative Extension.

Webinar does not work well on phones. Please use a computer. View any time.

https://psu.mediaspace.kaltura.com/media/Let%27s+Cook+at+Home+Weight+Management/1_0cqv2m3g

Additional resources: <https://extension.psu.edu/resources-for-lets-cook-at-home-weight-management>

Chicken and Cashews Stir Fry-SUNY Perks Online Academy, watch anytime.

https://edu.perksatwork.com/course/Healthy-Cooking-for-the-Week/?class_uid=7b11c0b9-412a-11eb-a3df-02461ec02d07&nxi_soft_auth_token=a3VyakdPcDhCT2dnay9sanZibzFnMm0vc3ZjR0o3TDdTeDRiZmFwT1YrNzFQeTZCeDlyRXVic0ZadEQ2RzhzaEJ1ZU9OVkRsM1pJbkpajVYa0lxU0gvdkNXcDZIMU5ldU5lRWxjNHhSkRHcmV uNGtHQXBUME5NK0w3SzdLYUx1SmJIMEidnUrQVd3WnRqL1k0eUE0ckJ5eUJhZWQ4OEswZGNkZW9CYzBP S0Jzb3ZoNVpwak10MTIZb01DTmk3ZUV3QzhMcjRuMzhyaIdYTTYvOEZ1eFY5Ny9xdUwrY0E3aFBLcStreFhpSDZ EVEUzUFhDc3VRSnhZekY3eDA3WA%3D%3D

5 Body Weight Exercises You Can Do Anywhere- Healthy Monday

https://www.mondaycampaigns.org/move-it-monday/5-simple-bodyweight-exercises-you-can-do-anywhere?utm_source=Healthy+Monday&utm_campaign=e717a1cefd-HM_2021_1_18&utm_medium=email&utm_term=0_b96fa14bc8-e717a1cefd-67638741

Arm Circles, Squat, Calf Raises, Push Up (remember you can do against wall) and a plank

American Heart Association Go Red for Women- Friday Feb 5th

Heart healthy lifestyle- www.heart.org/healthyforgood

Free- electronic newsletter- <https://www.heart.org/en/health-topics/consumer-healthcare/heart-insight>

Penn State Cooperative Extension- Greif and Loss

Life has changed due to the COVID-19 pandemic. The **Mental Wellness during COVID-19: Grief, Loss, and COVID-19** event will help you understand grief and recognize what we are experiencing individually and collectively to help us cope as we move through these challenging times. **Wed Feb 17 at 11am ET**; Zoom Event Register here:

https://web.cvent.com/event/44ffa409-faef-4646-8ce0-bd6b8bac67e0/summary?locale=en-US&i=9MqR8pogE0OSNEiv_Msf9w

Also **EMOTIONAL OVERLOAD** on **Feb 10 at 11 am**. Register here:

<https://web.cvent.com/event/6bd8ba71-e0b3-420f-852f-9f75bd43312a/summary?locale=en-US&i=5Sv6HoVINky7p8wCvq7d2A>

SUNY PERKS AT Work–Online Academy –

Kayla Itsine 45-minute workout.

On your own at: <https://edu.perksatwork.com/course/Live-SWEAT-Class/>

Looking for other workouts? (it IS Heart Month!)

My fav is Sydney Cummings- great strength training

https://www.youtube.com/watch?v=hOlpcSr1UW8&feature=emb_title

My fav last year- Blogilates- Pilates workouts – here is a 10-minute cardio that has **no jumping**

<https://www.youtube.com/watch?v=Wg6-xYyB0cq>

The Fitness Marshall- fun dance workout to songs you know, this one “Senorita” good take a break idea- standing, about 3 minutes

https://www.youtube.com/watch?v=7OO3rbH_VoM

Glamour magazine offers more ideas- 21 Best Workouts for 2021 - Everything from Barre, to yoga, Hitt, boxing, beginner and more:

https://www.glamour.com/story/best-youtube-workouts?fbclid=IwAR1AOW_rITNX3Xip0cGyGkaBzCtlK-oucZs5QYePw0OX1xMylaKsFzx4Hnw

Looking for a snack? Why not an exercise snack? 7-minute standing workout.

<https://www.nytimes.com/2021/01/04/well/move/for-an-exercise-snack-try-the-new-standing-7-minute-workout.html>

The VA Hospital has information, training and apps on stress, PTSD at:

https://www.ptsd.va.gov/professional/treat/type/stress_first_aid.asp

<https://www.upstate.edu/health/fluinfo.php> flu information. Make an appointment for your flu shot!

www.upstate.edu/wellness self care, walking trails, 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