



Pathway to Wellness

January 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 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-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!

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.

New Year 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

2021 WellNYS GOER January Monthly Challenge

Resolutions, new habits or invite your department to take the challenge!

January – Start or pursue a hobby. Register at: <https://wellnys.goer.ny.gov/>

Tree Shaping, entomology- Bug collecting, rock painting, championship mooing, soap carving, puppeteering, trains, dog grooming, gardening, collecting postcards.....

Hobbies help you manage stress, renew you and help you be more resilient.

30 days, 30 To-Dos to Create a Healthy Habit,

Recorded on Dec 10th; if you missed it- watch it here under December recorded events:

<https://www.upstate.edu/health/wellness/monthly-events.php>

The Key to Keeping Your Resolutions- A recorded webinar with BJ Fogg, Sandford University. In this webinar, you'll learn:

- Why most New Year's Resolutions fail; The key to lasting behavior changes How to tap into your aspirations; How to apply the "Swarm of Behaviors" to achieve your goals

Watch on your own <https://community.virginpulse.com/2020-holiday-nutrition-toolkit-virgin-pulse-thank-you?submissionGuid=63665639-492a-4016-a1fa-31a6c58efda8> scroll down , second row, first column.

Tiny Habits Method- Stanford University Professor and Behavior Change Researcher Dr. B J Fogg. -which will take you just 30 minutes in total over the course of 5 days — Are you game to try it? Sign up for the **FREE 5-day** Tiny Habits Course. Could give you insight on making changes in 2021. <http://tinyhabitsacademy.com/5-day-course>

3-minute video on Charles Dhuigg theory on habit change. <https://www.youtube.com/watch?v=W1eYrhGeffc>

And Atomic Habits author James Clear- 8 minutes https://www.youtube.com/watch?v=U_nzqnXWvSo

Work From Home Ergonomics- watch party

On Wed January 20 at 12 noon, join others for this SUNY Perks Academy Online 40-minute presentation on setting up your work station at home.

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

Watch on your own- https://www.youtube.com/watch?v=59Pg46_RO1I&feature=youtu.be

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 Thursday, Jan 21 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 Monday, Jan 11 at 4 pm and/or Thursday, Jan 14th at 12 noon for just 10 minutes of walking. <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=8JVll8ai52U>

Want Wellness 24-7? Take the 20-minute tour

Take a 20-minute webinar tour to find wellness right at your computer- I will show you how to navigate the PTW website, the NYS GOER Website and SUNY Perks. Everything from find diabetes programs, walking trails, meditations, monthly challenges, smoking cessation, cooking classes, hip-hop dance classes, yoga and more! All at no charge and available 24-7. Let's go! <https://www.upstate.edu/health/wellness/monthly-events.php>

De-Stress Monday's Most Popular Practices in 2020!

https://www.mondaycampaigns.org/destress-monday/destress-mondays-most-popular-practices-of-2020?utm_source=Healthy+Monday&utm_campaign=e0a262bf6e-HM_2020_12_21&utm_medium=email&utm_term=0_b96fa14bc8-e0a262bf6e-67638741

Easy for You Jan 12th

Everyone with an Upstate ID can get help for quitting tobacco, chew or vape. On Tuesday, January 12 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.

Need more support? **Managing Stress while Quitting Smoking** link below:

<https://upstate.webex.com/recordingservice/sites/upstate/recording/playback/c06aacb442b141fb8b14f00a104b1570>

Smoking and Vaping cessation- Jan 6

The HealthLink webinar series to quit smoking or vaping starts Jan 6th at noon and is every Wed at noon for 6 weeks. Call 464-8668 to register.

Resources... When are Children are well- You feel well.

Are your children with you? 10 minute – make a stress ball! 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, resources at SUNY Perks -

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

Well-Being Index- online tool available anytime

.... 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".

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.

Move it Monday Most popular practices of 2020

https://www.mondaycampaigns.org/move-it-monday/move-it-mondays-most-popular-practices-of-2020?utm_source=Healthy+Monday&utm_campaign=e0a262bf6e-HM_2020_12_21&utm_medium=email&utm_term=0_b96fa14bc8-e0a262bf6e-67638741

Meatless Monday

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

Group Wellness: Upstate's Psychiatry Department offers confidential group wellness sessions free for Upstate employees Mondays, now through Feb. 1, 2021, from 12:30 to 1 p.m. via Zoom. Group is limited to 12 participants each week. R.S.V.P. to saletskr@upstate.edu

January 29: Get Your Bounce Back! MaryAnn Stark, M.Ed, ODCP offers this ! In a funk and not sure why? Having trouble with changes, difficult situations, stress? This session will help you get your bounce back by taking you through specific strategies to regain your motivation, develop the 4 components to building resiliency, and focus on your own self-care with a checklist of basics to be sure you are doing every day! Participants will leave with new, positive mindsets and an action planning guide to get back on track with renewed focus and energy. To register, go to: <https://www.upstate.edu/pdl/intra/register/index.php?listall=3>

New Year- New You! Promotion from Morrison HealthCare Food Services. Look to see what they offer to help you with your goals!

Webex Pathway to Wellness Committee Wednesday, January 13th, 2 pm;
-contact brisks@upstate.edu for link

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>

Want to be a joy germ? Joan E White is the founder of Joy Germs right here in Syracuse. No meetings, no dues- just friendly greetings, do kind acts [_joygerms@gmail.com](mailto:joygerms@gmail.com) for more information

Wellness Websites.

<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