



Pathway to Wellness June 2021!

Website: www.upstate.edu/wellness

Facebook page: www.facebook.com/UpstatePTW

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

Pinterest: www.pinterest.com/pathwaytowellne

Healthy Monday; Race Across the US

You can still join in! Neurology Department has a team. Research Foundation has a "Pulser" team. Get your team of up to 15 members organized and signed up online. Everyone is invited to participate, students, coworkers, friends in the Syracuse Area, relatives in the Syracuse Area, Volunteers, Residents, Fellows, Physicians, Administrative Assistants.... Healthy Monday Race Across the US is a free challenge designed to help participants create and continue healthy habits. We're hoping for some friendly competition while improving health through movement, healthy eating, and stress management techniques. The goal is to move from Syracuse, NY to the Golden Gate bridge by logging healthy behaviors. There will be routine drawings for a chance to win prizes. We're running it through the DIEMlife website/mobile app. For details, visit our [website](#) and check out the [Healthy Monday Race Across the US program](#). Please don't hesitate to reach out if you have any questions! Mary Kate Schutt mkschutt@syr.edu.

Tuesday, June 1, 2021; 12:30 pm– 1:00 P.M., Explore Hobbies to Find Engagement, Passion and Stress Relief in Your Life!

Hobbies fill your life with passion and engagement. Some hobbies can provide additional income, ways to be creative and help you to get in shape. Come join us to explore over 100 hobbies to find a new hobby or discover an old one! Presented by Linda Carignan-Everts, EAP Wellness Coordinator NYS Work-Life Services/Employee Assistance Program. **To Register** for the WebEx:

Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=t84fc9c28c2b29c736b3ab5db6a6bce00>

You will receive a confirmation email with instructions for joining the session.

June 2nd 12 noon; Hope, Health and Gardens

Suzanne Brisk, MS, CWP, CWWPC, will talk about how mental health, exercise, nutrition, socialization and hope can be grown around a garden. 15-minute presentation with time after for you to share your ideas or experience around hope, healing and health from a garden. (Will record) **Join us at:**

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

June 17 at 4 pm, Coffee Chat

Cheryl Gerstler, M.Ed., Program Engagement Specialist NY Project Hope and Sarah-Lee Ritchie, LMSW CEAP, Upstate Medical University Employee Assistance Program will gather with us in the "living room" of a webex meeting. Let's have a coffee chat about this past year. Tell us what you learned? How did you grow? What did you do to take care of yourself? What new recipe did you try? **Bring** your favorite coffee mug, a recipe, a photo, a quote, your bullet journal, a photo of your BFF to share your experience. 45 minutes with time for Q&A **Join in at:** <https://upstate.webex.com/meet/brisks>

June 22, 12 noon, Positive Pain Management for a Happier You!

Chris Briggs is a massage therapist from England who offers a practical and hands on class to reduce headache pain, muscle soreness or tension/stress. **Join the webinar at:** <https://upstate.webex.com/meet/brisks>

Can't join us at that time, click here- [Positive Pain Management For A Happier You! - Perks at Work | COA](#)

[Plan 21 fun & Healthy Things to Do this Summer; WellNYS GOER JUNE Challenge](#)

Register at: <https://wellnys.goer.ny.gov/> Brief tips come to you each morning via email. Easy!

12 noon every Monday, [Monday Mile](#)

Everyone wishing to walk the Monday Mile with others, please meet 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>

Working remotely? 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.

June 8th, [Easy for You](#)

Upstate's tobacco treatment program, will be held Tuesday, May 11 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 is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or walczykc@upstate.edu

[Meatless Monday](#)

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

[Upstate Community and Wellness Garden](#)

Watch for events to come! Suggestion; watch Victory Gardens Revisited Series at:

<https://extension.psu.edu/victory-garden-workshop>

Pathway to Wellness Committee Wednesday, July14, 2 pm;

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

[Wellness on your own ideas:](#)

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>

If you are a mental health professional, 10% happier is offering FREE access to the app and hundreds of meditations and resources visit: tenpercent.com/mentalhealth


[ANY TIME, 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. Wellbeing Taskforce.

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

NY Project Hope

Coping with COVID

 has trained crisis staff on hand to speak with you from 8 am to 5 pm Monday – Friday and a website to color, listen to relaxing music or do nothing for 2 minutes

NYS Boilermaker and Empire state Trail Challenge

<https://runsignup.com/Race/NY/Utica/EmpireStateTrailChallenge>

Onondaga County Monday Miles at various locations- <https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/onondaga-county-monday-miles/>

Madison county Monday Miles at various location- <https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/madison-county-monday-miles/>

Details on **Monday Mile and Move More Monday!** <https://lernercenter.syr.edu/healthy-monday/move-it-monday-monday-mile/>

Looking for a new place to walk, run, or bike? Go to the NYS trail website at

<https://parks.ny.gov/recreation/trails/trails-in-state-parks.aspx>.

ANY TIME, SUNY Perks Academy Online

2021 Magnet. <https://wellnys.goer.ny.gov>

Earn your magnet by walking or running a virtual or a real live race! Then go to website and document your race to get magnet. (just training for one does not count)



On June 24 there will be a Super Strawberry Moon. Look up at night and be well.