



# Happy & Healthy New Year *Pathway to Wellness 2022!*

## How are you REALLY doing? January 21 at 12 noon (will record)

Dr. Kohman, Chief Wellness Officer, will present “How are You REALLY Doing?”

This 20-25-minute presentation will tell you more about the WBI; Well-Being Index, help you get started to use the WBI and what benefits the WBI index offers you. Yes, you can ask questions! Let's start the new year off well! **Come join us at:** <https://upstate.webex.com/meet/brisks>



### 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”.



## Be Your Best Self Jan 6 at 12 noon, (will record, 30 minutes)

Presented by Linda Carignan-Everts, EAP Wellness Coordinator for NYS Work-Life Services/EAP. Use the 2022 WellNYS Everyday Monthly Challenges to Become you Best Self. If you are interested in challenging yourself in 2022, this webinar will provide the 2022 WellNYS Everyday Monthly challenges. These challenges will guide you month to month to track, create, eat, plan, move, start and use healthy activities to be your best self by the end of 2022.

Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=tcd7cd4fa8a98fcf2f74e12219b730f5> and register.

## January Challenge: Set a New Health Related Goal and Track Your

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

### 2022 WELLNYS EVERYDAY MONTHLY CHALLENGES

Feb- Create a bucket list or vision board

March-Eat one meal without distractions

April- plan a vacation!

May-Dance or move to your favorite song

## Digital Commensality: Eating and Drinking in the Company of Coworkers

### January 3<sup>rd</sup> 12 noon, TOPIC- 2022 Goals (not recorded, no formal presentation)

Come share your goals. This is a time to chat and share your goals for 2022 or maybe share an app you like that helps you with a goal. You are encouraged to eat your lunch, drink your coffee, enjoy your water, smoothie or whatever! After 15-20 minutes of sharing, eating and comradery, I will ask everyone to raise a glass, and offer a toast to a healthy New Year **(Yes- Sparkling Cider!)** **Join us at:**

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



## Practical Solutions to Reducing the Spread of Infections at Home and

Work; Jan 12. 4:30 pm. This 45-minute, recorded webinar is presented by Bob Lebits, MD, MPH. Dr Lebits offers solutions to help reduce infections. This webinar was recorded by the National

Wellness Institute and is not available to link on website or share again. Join us at:

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



## **Therapy Thursday January 6 Pet Partners & UMUHSL**

Therapy dog visits will be held in the library on the following spring semester dates (the first Thursday of each month) from 11:30 – 1 pm. Mark calendar for: Feb., 3, March 3, April 7

In addition, the library will be hosting a summer therapy dog visit from 11:30 to 1:00 on Wednesday, June 22.

## **Quit Café Thurs., Jan 7**

10 to 12 in the Cancer Center Lobby (First Thursday each month)

Theresa Hankin can help answer your questions on quitting vape, chew, tobacco!

## **Upstate RESEARCH FOUNDATION Employees and Virgin Pulse**

Contact Mark Miller, [Millerm@upstate.edu](mailto: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, January 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 (NRT) is available. For more information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or [walczykc@upstate.edu](mailto:walczykc@upstate.edu)

## **Penn State Coop Extension offers Emotional Overload**- Mon. Jan 24, 11 am -12 on zoom

Due to challenging times, stress, anxiety, depression, and related disorders are on the rise. During the **Mental Wellness Series: Emotional Overload** you will learn how to identify signs of stress and be taught strategies to reduce symptoms of anxiety and depression, including the practice of self-directed cognitive behavioral therapy. You will learn to change your pessimistic thinking into positive and productive thoughts. How to practice self-directed cognitive behavioral therapy Free-open to all – register at: [Summary - Mental Wellness Series: Emotional Overload \(cvent.com\)](https://www.cvent.com/event/summary/mental-wellness-series-emotional-overload)

**American Heart Association Check It! CNY** starts February and goes to May. Free four-month initiative to lower blood pressure readings. Individuals can sign up at: [Heart.org/CheckItChallenge](https://www.heart.org/CheckItChallenge)

**National Wear Red Day®** February 4, 2022. [www.WearRedDay.org](http://www.WearRedDay.org) Kicking off American Heart Month in February American Heart Association

**Website:** [www.upstate.edu/wellness](http://www.upstate.edu/wellness)

**Facebook page:** [www.facebook.com/UpstatePTW](https://www.facebook.com/UpstatePTW)

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

## **Recordings and links of PTW programs**

Please go to [www.upstate.edu/wellness](http://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 meets Wed., January 12, 2 pm;**

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

**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](mailto:brisks@upstate.edu)