



August 2022

The *Pathway to Wellness* Committee invites you to

**“Add 10 Healthy Habits”**

- Add water throughout the day.
- Add one meal with fish or more veggies
- Add one walk into your day
- Add a smile when you walk by people
- Add 5 minutes of sleep to your routine
- Add a positive quote to your bathroom mirror
- Add an opportunity to help someone
- Add a new vegetable to your grocery cart
- Add 3 calf raises when you finish brushing
- Add a positive mindset as you wake up

Remember more videos and resources are at: [www.upstate.edu/wellness](http://www.upstate.edu/wellness)

Send an e-mail to [brisks@upstate.edu](mailto:brisks@upstate.edu) to get the Event Sheet & e-mail invites to events.

Recorded events are found under “recorded events column” at: <https://www.upstate.edu/wellness/pathway/monthly-events.php>

**WellNYS Everyday August Monthly Challenge:**

“Stay Hydrated Throughout the Day.” Register at: <https://wellnys.oer.ny.gov/>  
NYS Office of Employee Relations (OER) all month long. Daily “to-do” tips by email.

**What Awaits You Outside in NYS; Summer Edition**

**Tuesday, August 2<sup>nd</sup> at 12 noon – 12:30 P.M.**, replay of WELLNYS recorded program

The summer season provides NY’ers with some unique outdoor adventures – from birding and hiking to paddling and fishing. Learn more about what awaits you outside! We’ll also cover some ways you can stay safe while having fun this summer. Join us at: <https://upstate.webex.com/meet/brisks>

**Discover Fun Ways to Drink More Water!**

**Wednesday, August 3, 2022 12:00 Noon – 12:30 P.M.** will record  
The August Monthly Challenge is to stay hydrated throughout the day. Join us as we share delicious fruit-infused water recipes, a water challenge with your coworkers, and what municipality has the best drinking water in New York State. Find out what is the most important time of the day to drink water? (Hint, it’s early.) Have a glass of water or your water bottle with you to drink during the webinar. Presented by Linda Carignan-Everts, NYS Work-Life Services. **To register for this training session** Go to <https://meetny.webex.com/meetny/k2/j.php?MTID=td5a562cfee6e1e7fbbc1b80931a23bd1>



**Low Impact Workout to Increase Energy**

**Thursday, August 4th, 2pm** will not record

This recorded routine from trainer Lucy Wyndham-Read is low impact, no jumping and no floor work. Designed to give you energy. Join us for a 10-minute re-charge at: <https://upstate.webex.com/meet/brisks>

Or on your own at: <https://youtu.be/E7xNk5cgBcs>

Always consult with your physician before beginning any exercise program.

## **Mindful Meditation**

**Aug. 8 and 10 at 10 a.m.** via WebEx.

Annemarie Cristino, LCSW, CEAP, UPSTATE' s **Employee Assistance Program (EAP)** coordinator, will offer 30 minutes of meditation instruction. Mindfulness centers on fostering connections between the brain, mind, body, and behavior. To join the session, visit: <https://upstate.webex.com/meet/cristinA>. Future sessions will be held every Monday and Wednesday.

## **Easy for You** Tobacco and Nicotine treatment

**Tuesday, Aug. 9 from 11:30 a.m. to 12:30 p.m.**

Held in 7335B of 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](mailto:walczykc@upstate.edu).

## **KICK BUTTS**

**August 9 and August 23<sup>h</sup> at 11 am**

Meet at Cancer Center Lobby. Help clean up campus and help make everyone aware of nicotine replacement kits. Contact: [Tarrj@upstate.edu](mailto:Tarrj@upstate.edu)

## **10 at 10 on the 10<sup>th</sup>** topic- *How to change habits using WOOP*

**10 minutes at 10 am on August 10<sup>th</sup>**

WOOP is evidence-based motivational strategy developed by Gabriele Oettingen, a motivation psychologist at New York University and the University of Hamburg. Join at: <https://upstate.webex.com/meet/brisks>

Or on you own at: <https://woopmylife.org/en/home>

## **Chair Yoga**

**Thursday, August 11<sup>th</sup> at 2 pm, 15 minutes**

Join at: <https://upstate.webex.com/meet/brisks> We will go over Carl Dawson's chair yoga from the University of Vermont. Always check with your physician before exercising

Or on your own go to: [Chair-yoga-Univ-of-Vermont.pdf \(udel.edu\)](https://www.uvm.edu/~cawson/Chair-yoga-Univ-of-Vermont.pdf)

## **National Relaxation Day Celebration**

**Monday, August 15, TWICE! 12 and 2 pm TWICE!** Join once or twice!

Yes, there is a day for that! National Relaxation Day is August 15 and you want to make the most of it for your Wellbeing! Let's take 15 minutes to progressively relax together and to help you make the most of National Relaxation Day!

Join at either or both times at: <https://upstate.webex.com/meet/brisks>

## **Dance Break**, Hustle and Bus Stop

**Wednesday, August 17. 2 pm 10 minutes**

We had so much fun we are going to do it again- Do the Hustle! Do the Bus Stop. Take 10 minutes to elevate your mood! Move with us at:

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

Or on your own at: [https://www.youtube.com/watch?v=EgwFL\\_0Y\\_Zk](https://www.youtube.com/watch?v=EgwFL_0Y_Zk)

Always consult with your physician before beginning any exercise program.

## 10 minutes of Humor

Monday August 22, 10 am

This month we are going to watch about 5 minutes of a clip from Dry Bar Comedy, share some puns and comics. Start your week off with a laugh.

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

On your own at: [www.youtube.com/watch?v=epWTkSmY3Nw](http://www.youtube.com/watch?v=epWTkSmY3Nw)

## 3-minutes Arm Toning

Tuesday, August 23, at 2 pm, 3-minutes

Lucy Windham–Read, personal trainer leads a 3-minute workout for arms.

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

Or on your own at: <https://www.youtube.com/watch?v=0GRsBJZ2Fb4>

Always consult with your physician before beginning any exercise program.

## Generation Stress: From Surviving to Thriving recorded Ted Talk

Wednesday, August 24 12 noon , 15 minutes

Neuroscientist Kristen Race explains why Generation X is now "Generation Stress," and proposes small changes that will help you break the cycle of stress in your own life and your family's. Concepts to manage stress, add mindfulness and a bit of humor about stress and having children. Join us as well stress less:

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

On you own: <https://www.youtube.com/watch?v=7jRND5IU3Qg>

