

# January 2023 Events

Bee Happy!



*Monday Mile* trails are always open at both campus locations; indoors and outdoors! You can walk with clean shoes at the IHP building!  
#moveitmonday

**WellNYS Everyday Daily To-Do.** (no longer an online challenge)

**Share a Daily Dose of Positive Inspiration.**

<https://oer.ny.gov/wellnys-everyday> NEW Website

NOTE” The WellNYS Everyday website is <https://oer.ny.gov/wellnys-everyday>. The existing website, <https://wellnys.oer.ny.gov> will not be going down

## Inspire Yourself to Reach your Wellness Goals in 2023

**Wednesday, January 4th 12 Noon-12:23 PM**

The Monthly WellNYS Daily To-Do in January is to: “*Share a Positive Inspiration Every Day.*” This speaker will provide a wellness challenge to engage in for the month of January or attendees may choose their own challenge. New for 2023, all attendees who attend the webinar live will be invited to a follow-up webinar to check-in on January 31, 2023. Inspiration first comes from doing it yourself then sharing it with others. Start 2023 by setting a wellness goal at the beginning of each month by using the Monthly WellNYS Daily To-Dos. This webinar will share every Monthly WellNYS Daily To-Dos formerly the Monthly Challenges. *Presented by:*

**Linda Carignan-Everts**, EAP Wellness Coordinator, NYS Work-Life Services

**To register for this webinar go to**

<https://meetny.webex.com/meetny/k2/j.php?MTID=tf69b6ca3e27944794aa8f6e057a58cb9>. You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website. Or use this QR code to



register!

January – Share a positive inspiration every day  
February – Explore the eight wellness dimensions  
March – Build your plate with healthy choices  
April – Create and stick to a budget  
May – Choose an activity you enjoy to keep fit  
June – Start and end your day with a positive habit

**New Year Commensality.** (Eating, talking, sharing, online)

**Monday, January 9, 12 noon- 12:20**

Welcome 2023! Why not take a moment to toast (sparkling apple cider) the new year, chat and share your goals/ideas/plans for 2023? Love to see and hear from you. I will offer toast to your health and wellness in 2023.

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

## **10 Minutes @ 10 am on the 10<sup>th</sup>: Topic: Bee Campus USA**

**Tuesday, January 10, at 10 am, 10 minutes**

Paul Corsi, Sustainability Manager, is happy to talk about the Bee Campus USA Designation. Find out about the program, opportunities to get involved, and find out why pollinators are important for everyone to be happy and well.

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

## **Mindful Tuesday**

**Tuesdays, 11:00 to 11:15 am.**

Annemarie Cristino, LCSW, CEAP, Upstate Employee Assistance Program Coordinator, will offer 15 minutes of mindful meditation instruction and information. Mindfulness centers on fostering connections between the brain, mind, body, and behavior.

To join the session, visit: <https://upstate.webex.com/meet/cristina>.

## **Easy For You**      Tobacco Cessation

**Tuesday, January 10, 11:30 am to 12:30 pm**

Upstate's tobacco treatment program to quit tobacco, chew or vape will be in 7335B of the west wing at Upstate University Hospital's Downtown Campus. Those with an Upstate ID are welcome. Free nicotine replacement therapy available. For information contact Theresa Hankin or Carolyn Walczyk at 315-464-3519 or [walczykc@upstate.edu](mailto:walczykc@upstate.edu)



## **Laughter Yoga**

**Thursday, January 12 at 11am for 15 minutes**

Join Annemarie and Suzanne for a few ho, ho, ho and he, he, he. Find your funny with Laughter Yoga!

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

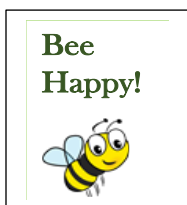
## **Planning Healthy Activities for 2023**

**Monday, January 16 12 noon – 12:30**

This 30-minute recorded webinar will help you plan for 2023! Worth watching again or to get 2023 on track! *Presented by* Linda Carignan-Everts, EAP Wellness Coordinator.

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

on your own at : [https://wellnys.oer.ny.gov/documents/wellness-resources/Recording\\_for\\_Wellness\\_Webinar\\_Wrapping\\_up\\_2022\\_and\\_planning\\_2023\\_12.1.22.docx](https://wellnys.oer.ny.gov/documents/wellness-resources/Recording_for_Wellness_Webinar_Wrapping_up_2022_and_planning_2023_12.1.22.docx)



## **The Psychology of Happiness**

**Thursday, January 19 at 11am, 35 minutes**

Join our EAP Coordinator, Annemarie Cristino, LMSW, as she discusses the psychology of happiness. What makes us happy and how can we be happier.

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



## 10 minutes of Humor

**Monday, January 23 at 10 am.**

Let's start the New Year and the week of with a few laughs.

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

## Dance PARTY

**Friday, January 27, 2 pm 10 minutes.**

It's 2023! Everybody Dance Now, The Hustle and tell me what dance for next month!

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

## Upper Body Stretch

**January 25, 2 pm 10 minutes**

Move more in 2023. Join us for 10 minutes of upper body standing stretches-shoulders, elbows, wrists and neck. As always, speak to a physician before starting any exercise routine. **Join us at:** <https://upstate.webex.com/meet/brisks>

**On your own at:** Sydney Cummings <https://youtu.be/cTxIJDfIRGs>

## Mindful Leader Body Scan

**Monday, January 30<sup>th</sup> 12 noon**

Join Suzanne for a 10-minute body scan. Take time to be aware of how you are feeling in the moment. **Join us at:** <https://upstate.webex.com/meet/brisks>

## American Heart Association Check it Challenge!

**February 2023 through May 2023**

Everyone interested in committing to checking your blood pressure and receiving education via email on improving your cardiovascular system is welcome **to email me** at [brisks@upstate.edu](mailto:brisks@upstate.edu). We will use an anonymous google sheet to be accountable to tracking blood pressure and educational materials will arrive weekly via email.



## Scavenger HUNT

**Looking to be Happier:  
Find and try these:**

1. Introduce yourself to 3 new people. Feeling connected makes you happier.
2. [www.Coursera.org](https://www.coursera.org) *The Science of Wellbeing*. Free course.
3. Practice 3 good things. Take note of 3 good things that happen to you each day,