

**October  
2022**



The Pathway to Wellness Committee invites Everyone to complete Ten 1-minute exercises at your desk this month!

## The October Monthly Challenge is “Find out your health statistics.”

The WellNYS Daily To-Do's will share health screenings and tests that are recommended based on your age, overall health, and family history, along with a link to a specific resource for more information. Register on the WellNYS Everyday website and track your progress at: [https://wellnys.oer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm).

## October 2-8<sup>th</sup> is Mental Health Awareness Week October is Depression and Mental Health Month

Resources:

### 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 Council. <https://app.mywellbeingindex.org/login> access code: “Upstate”.



<https://www.upstate.edu/wellness/resources/emotional.php>

## October 6- Depression Screening Day

Students- from the Student Counseling Center website:

<https://screening.mentalhealthscreening.org/hyho>

<https://www.upstate.edu/currentstudents/support/scc/resources.php>

Staff with the Empire Plan Insurance: [www.achievesolutions.net/empire](http://www.achievesolutions.net/empire)

## Myth Buster on Borderline Personality Disorder:

Watch a 6 minute video from NAMI- National Alliance on Mental Illness on Myths about Borderline Personality Disorder: On your own at: <https://www.nami.org/Support-Education/Video-Resource-Library/Mental-Health-Myth-Busters-Borderline-Personality-Disorder>

## Pet Therapy Self-Care

15 minutes. This video on Self Care-Pet Therapy and Mental Health produced by the National Alliance on Mental Illness, NAMI. On your own at: <https://www.nami.org/Support-Education/Video-Resource-Library/Self-Care-University-Animal-Therapy-Managing-Your-Mental-Health>

## 10 at 10 on 11<sup>th</sup> – Mental Health, Emotional Health

Tuesday, Oct 11 at 10 am, 10 minutes

Let's look at Mental Health Resources available at Upstate. Our EAP, Employee Assistance Program Coordinator; Annemarie Cristino will be introduced as well.

**EASY FOR YOU** Watch for next month-

**KICK BUTTS** October 18 and 25<sup>th</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)

## **Mindfulness Based Stress Reduction – Body Scan practice**

Thursday, October 13, 2 pm, 10 minutes <https://upstate.webex.com/meet/brisks>

I am in training to become a MBSR Workplace Facilitator. As a course requirement, I will implement a practice session. Anyone who would like to join me for a 10-minute body scan meditation is welcome. I appreciate you giving me the time to learn and practice with you!

**WELLOWEEN! October 17-21** A week of wellness- A complete list of events is on the Welloween Flier.

### **Mon. October 17**

**9 to 11 am, Flu Shot Clinic in the bubble room,**  
Health Science Library

**11am – 1 pm, Vaping Information Table,**  
Health Science Library

### **Tues. October 18**

**11:30-1 pm, Dog Therapy visit,**  
Health Sciences Library

### **Wed. October 19**

**11 am – 1 pm Vaping table**  
Health Sciences Library

**12 -12:20, Wellness Online Resources tour**

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

### **Thurs. October 20**

**11:30 -1 pm, EAP- Employee Assistance Tabling,** Annemarie Cristino  
Health Sciences Library

**12- 12:10 What is the Wellbeing Index?** Nicole Harf

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

### **Fri. October 21**

**11-11:30am, Exercise as Medicine,** Carol Sames.

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

**October 22<sup>nd</sup> is prescription Drug take back day**

## **10-minute Standing Stretch**

Wednesday, Oct 26 at 2 pm

Stretch and feel better! Comfortable clothes and a bit of space is all you need. All standing stretches. **Let's do this:** <https://upstate.webex.com/meet/brisks>

**Or on your own at:** <https://youtu.be/OyqfY0DQZGY> Always check with your physician before starting an exercise program.

## **Chair Yoga**

Thursday, October 27 at 2 pm, 15 minutes

Join Suzanne for 15 minutes of Chair Yoga at 2 pm:

<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.

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

## 10 minutes of Humor

Monday, October 31 at 10 am, will record

Laughter is good for the soul! Let's view a few jokes, a couple of comedy clips and laugh a bit together. Lower stress levels, blood pressure and helps heal your funny bone.

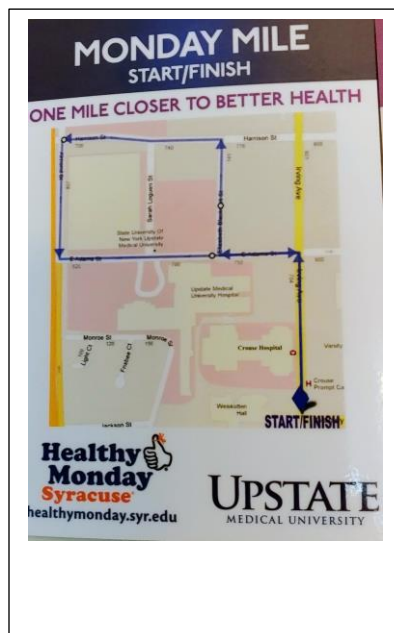
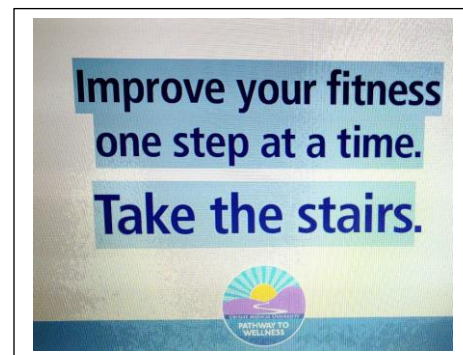
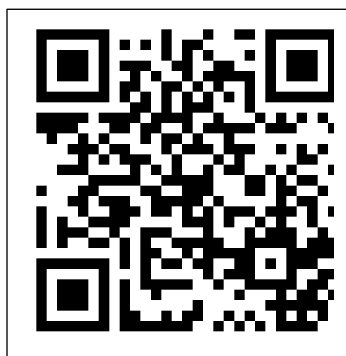
Laughter is the best Medicine! Join us at: <https://upstate.webex.com/meet/brisks>

## Recordings and links of PTW (Pathway to Wellness) 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>



**INDOOR WALKING ROUTE**  
1/4 mile round trip or approximately 500 steps.  
Relieve Stress. Enjoy artwork & live music.  
Burn 25 calories per round trip.

**START:** 5<sup>th</sup> Floor Surgical Waiting Room

1. Turn right out of waiting room.
2. Turn left to gold elevators & take to 2<sup>nd</sup> floor.
3. Turn right out of elevator and take 'Hallway C' or the left.
4. Turn right at Blood Draw Lab towards 'Upstate Cancer Center'.
5. Go past security guard and turn left: enjoy the artwork!
6. Walk down past artwork to the Healing Garden on your left.
  - If weather is nice, please circle outer perimeter of healing garden 4 times. Enjoy the garden!
7. Return to the 5<sup>th</sup> floor for a complete 1/4 mile walk.

For more walking trails:  
[www.upstate.edu/health/wellness/trails.php](http://www.upstate.edu/health/wellness/trails.php)