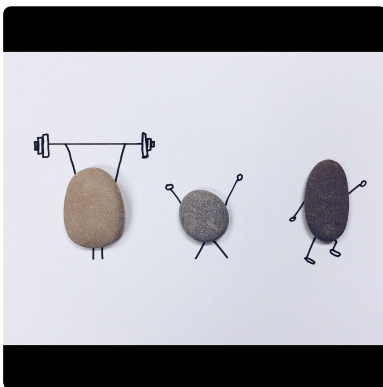



Diving Into Employee Wellness

Special Edition for Faculty and Staff

WellU @HT Weekly Wellness Newsletter (Vol 5, Issue 2)



Inspiring Wellness

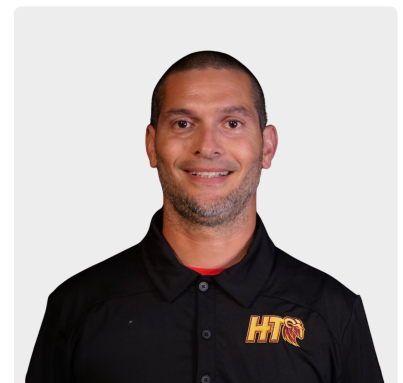
"Nurturing yourself is not selfish - it's essential to your survival and wellbeing" Renee Peterson Trudeau .

A Message from the Activity Director

Welcome to the Fall Season!

Dear colleagues,

As we embrace the beauty of fall, with its vibrant colors and crisp air, it's also important to be aware of the increased risks for seasonal illnesses. As temperatures drop, common illnesses like colds, flu, and even seasonal allergies can become more prevalent. Additionally, the shift to indoor gatherings can heighten the spread of viruses; and less time engaging in active lifestyles. We start sitting for longer times.



This week's wellness newsletter focuses on preparing for the fall and winter seasons by sharing prevention and wellness tips. We'll explore strategies to boost your inner self, maintain mental wellbeing, and stay active as the days get shorter. Let's equip ourselves with knowledge and habits to ensure a healthy, vibrant season ahead!

Stay healthy and enjoy the beauty of fall.

Carlos M. Cervantes, PhD
Activity Director
WellU RAM Wellness Program

Self-Care Comes First

It is normal to feel stressed or overwhelmed during uncertain times, especially as we enter the later months of the year. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. Physical responses may include headaches, muscle tension, fatigue and sleeplessness.

Taking care of yourself and managing your emotions is essential, so you are better equipped to help the important people around you.



Know Your Worth



Maintaining a healthy relationship with yourself produces positive feelings and boosts your confidence and self-esteem. Also, self-care is necessary to remind yourself and others that you and your needs are important too.

What is Self-Worth & How Do We Build it?

A Clever Lesson In Self Worth



Here Are a Few Tips You Can Use to Take Care of Yourself

Physical Health

Eating right, physical activity, adequate rest and taking care of our mental health not only improves overall health and wellness, but also makes us more resilient.

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

The Power of Sleep

Mental Health

While physical health is important, be sure to also take care of your **mental wellbeing** during stressful and challenging times.

- Focus on things you can control, listening to music and reading something entertaining.
- Use technology to maintain social connections with your loved ones.
- Focus your thoughts on the present and things to be grateful for today.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as checking on older people in your neighborhood, or donating supplies.

How to Stay Present and Mindful in Everyday Moments

Signs to Watch For

If any of these things become persistent or interfere with daily functioning and are outside the norm, contact your healthcare provider for help and guidance:

- Trouble focusing on daily activities.
- Anxiety that turns into feelings of being out of control.
- Strong feelings that interfere with daily activities.
- Having emotions that become difficult to manage.
- Feelings of hopelessness or helplessness.

Emotional Check-Ins

Remember that our emotional and physical responses are cues that our body uses to help us realize how we are feeling.

Perhaps our shoulders are tense, we are walking quicker than normal, or maybe our heart is racing. For many of us these physical signs are the easiest way to recognize the intensity of our emotions.

Emotional check-ins are tools we can use to check on our mental and emotional health. They're designed to help us get an accurate reading of how we feel before our body tells us something is wrong.

**Rank your mood today on a scale of 1 to 10,
with 1 being the worst mood and 10 being the best.**

Check-in questions:

- How am I feeling today? (mentally and physically)
- What's taking up most of my headspace today?
- When did I last eat a healthy meal?
- When was I last active – exercising, walking, jogging, stretching, meditation?
- Did I get a good night's sleep last night?
- When was the last time I had a good laugh?
- What will I engage in today that will bring me joy?

Check-In Buddy

Choose a check-in buddy you can be honest with and who will not judge how you are coping with all that is happening around you, someone who will support and guide you. This may be your spouse, partner, family member, friend or co-worker. A check-in buddy can help us find balance and stability when things become tough to manage. They can be the shoulder we cry on and provide the laughter we need to remain positive.

Source: [Emotional Check-ins: Why You Need Them](#)

The Joy Workout

First published in The New York Times in 2022 by Kelly McGonigal, the Joy Workout's premise is simple: you follow six key moves (reaching, swaying, bouncing, shaking, jumping and something mysteriously named 'celebrate') and by the time you've finished, you should be feeling joyful.

the joy workout

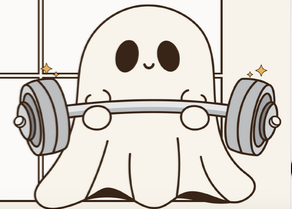
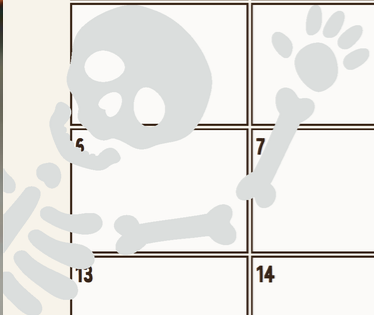


Join this October the WellU RAM Wellness Program Activities!

OCTOBER 2024 ACTIVITY CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Mindfulness 11:30 am via Zoom Total Body HIIT 5:30 pm HT's gym	22 Bring Fitness to Your Office 10:30 am via Teams	23 Chair Yoga 9:00 am via Zoom Total Body HIIT 5:30 pm HT's gym	24 Activity of the Day Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Repeat 5 times	25 Mindfulness 11:30 am via Zoom	26
27	28 Mindfulness 11:30 am via Zoom At the HT gym: Total Body HIIT 5:30 pm Kickboxing 6:30 pm	29 Bring Fitness to Your Office 10:30 am via Teams	30 Chair Yoga 9:00 am via Zoom At the HT gym: Total Body HIIT 5:30 pm Kickboxing 6:30 pm	31 Activity of the Day Core Challenge Plank 10 seconds, 10 crunches, 10 sit ups. Repeat 5 times!		



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