



SUNY SULLIVAN

WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

JANUARY 2021

Wellness is the state of being in good health, especially as an actively pursued goal. Let's pursue this goal together!

Purpose



The purpose of the SUNY Sullivan Wellness Program is to enhance the physical, emotional, and intellectual health of our employees and students by developing awareness through education and voluntary onsite health related programming, as well as by connecting employees/students to external resources through our benefits programs out of Human Resources and Student Activities.

Our goal is to create a culture of health that increases individual self-efficacy around personal wellness. This will ultimately improve employee/student morale, well-being and happiness, while concurrently lowering overall health care costs and improving productivity for our entire college community.



Goals & Objectives



The SUNY Sullivan Wellness Program has several goals,

1. To increase Health Awareness and Education through:

- o Disease Management Resources
- o Seminars and Classes
- o Blood pressure screenings
- o Biometric screenings

2. To increase nutritional knowledge through cooking and nutrition classes and by providing information on healthy eating options in the school cafeteria as well as nearby restaurants and through the promotion of our community gardens.

3. To provide wellness and fitness classes that encourage employees and students to be active

4. To promote a Tobacco-free Campus



WELLNESS WHEEL

Wellness isn't just about eating healthy and exercising. There are many aspects of our lives that affect our overall health and wellness. Each month the SUNY Sullivan Wellness Program will highlight a category of the wellness wheel below that will include activities and information relative to the topic. This month we will highlight **Physical and Spiritual Wellness!**



HOW TO MAKE AND KEEP YOUR NEW YEAR'S RESOLUTION



Making a New Year's Resolution is just the beginning of a positive change in your lifestyle. Keeping to those resolutions is the difficult part of the change you want to see.

Did you know that it takes 66 days to form a habit? This is why our New Year's Resolutions can be hard to keep. Here are the seven steps for making your New Year's Resolutions stick..

- Dream big. Audacious goals are compelling
- Break those big dreams into small steps. Now think tiny..
- Understand why you shouldn't make a change
- Commit yourself
- Give yourself a medal
- Learn from the past
- Give thanks for what you do



Physical Wellness

Happy New Year! It's the season for New Year resolutions and one of the most commonly chosen resolutions is to get in shape and work on your health & wellbeing.

The idea of health revolves largely around diets and physical characteristics but the truth is "Healthy" looks different to everyone! Whether it's being free from illness or just being comfortable in your own body, health and physical wellbeing are achievable for those of all shapes, sizes and backgrounds.

Physical wellness promotes proper care of the body for optimal health and body function through three components, physical activity, proper nutrition and a strong mind.

- **Physical Activity:** is critical to keep our body fit and in top condition; it keeps our bones and muscles strong, decreases illness and the risk of heart and vascular diseases. It improves our mood, energy and balance.
- **Nutrition:** Nurturing the body by eating a well-balanced colorful diet is important in overall physical and emotional wellness. Eating regular nutritious meals helps balance mood, sharpen your ability to think and learn and fight illness. It keeps your body strong and functioning!
- **Strong Mind:** A balance of physical activity and good nutrition will increase your mental wellness. Good nutrition fuels your brain and allows you to think more clearly. Physical activity releases endorphins which trigger a positive feeling in the body.



Here are some easy ways to practice physical wellness....



- Engage in Physical Activity for 30 minutes every day. Stretching, walking, biking, climbing, weight training, snowshoeing and yoga are all good examples. You can break the 30 minutes up into three 10 minute sessions
- Use the stairs whenever possible
- Park at the furthest parking space to incorporate a short walk into your day
- Eat a variety of food and colors with each meal
- Meal Prep to avoid the convenience of fast food stops
- Control your portions
- Increase your water consumption. Divide your weight in half, that number in ounces is a good amount to drink during the day
- Maintain a sleep schedule and try to get the recommended 7-9 hours each night!
- Walk our beautiful campus!!



J ROCK YOGA ON YOUTUBE



Whether you are new to yoga or advanced, this channel is for you!! A new video is uploaded every week!!



SNOWSHOE WITH US JOIN US ON CAMPUS!

Join us for group Snowshoeing!! Snowshoes will be provided and attach to your winter or hiking boots. Masks should be worn. This event will be scheduled as weather permits. Keep an eye out for an email from the Wellness Committee!



GET FIT!

LIVE VIRTUAL BOOTCAMP!

Whether you're trying to maintain your physique or improve your overall fitness, this at home workout is perfect for you. With certified trainer, Meaghan Mullally-Gorr, you'll be able to access **free live workouts** at 7:00am on Tuesdays and Thursdays held through a private facebook group. Complete the workouts live or whenever or wherever you want, no equipment necessary! Email Maura Caycho at mcaycho@sunysullivan.edu to join!



SPIRITUAL WELLNESS

Nature and Spiritual Wellness

Spending time in nature can contribute to both our spiritual and physical wellness. Whether in the woods or the garden, or in the park, or at the beach, being in nature is known to reduce stress and renew our sense of connectedness. For many of us, getting out into nature has provided some respite from the pandemic.

Similar to seeking spiritual connection through religion, seeking spiritual connection in nature can make you feel a part of something larger than yourself.

Our lives have become more indoor oriented and sedentary. It's important to recognize that we are part of the natural world, which can help us to appreciate and respect our place in it.

Try to spend some time outside every day, even in (especially in) these colder, darker days. Slow down and be observant. You will definitely see something beautiful, and you might even witness something extraordinary.



When I am Among the Trees

By, Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."

The light flows from their branches.
And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."



A MESSAGE FROM HUMAN RESOURCES



SPIRITUALITY IN THE WORKPLACE

What feeds you spiritually?

Take some time now and write down three things you do each week or every day to renew yourself.

What does spirituality mean to you?

Think of three words you use to describe times when you feel spiritual. See how you can integrate those words and ideas into your work day. Wouldn't you like to work in a place that has the presence of the three things you wrote down?

So how do you help create this in your work?

We generally find greater meaning in what we do when we are doing it for a larger purpose than feeding ourselves or our workplace. Think of how you can be your best FOR the world.



How does the workplace benefit from spirituality in the workplace?

Boosts morale. Engaging in practices that support spirit in the workplace can uplift the spirits of everyone involved.

Influences satisfaction. Since spirit in the workplace encourages each individual to bring their whole self to both work and home, it increases the satisfaction level in both areas.

Strengthens commitment. Being aligned with an organization that fosters the essence of who you are enables you to feel and display a tremendous sense of loyalty.

Increases productivity. When you feel a greater sense of connection to your work, you are more motivated to produce good work.

Improves the bottom line. According to a nation-wide study on spirituality in the workplace, organizations which integrate another bottom-line into its practices – like spirituality – actually increase the financial bottom-line. These organizations believe that spirituality could ultimately be the greatest competitive advantage.



SUNY SULLIVAN

COMMUNITY LEARNING
FREE ONLINE SERIES

SULLIVAN 180

Presents

Suicide Prevention Training QPR

Question. Persuade. Refer.

Sullivan County currently has the highest suicide mortality rate in the Hudson Valley. Through this free 90 minute training you can become a QPR Gatekeeper trained to recognize the warning signs of suicide.

This one-session workshop held via zoom is 60 min instruction, 30 min Q&A designed to teach suicide warning signs and QPR's three life-saving skills:

- Question...the person about suicide
- Persuade...the person to get help and,
- Refer...the person to the appropriate resource.


Dates offered: January 15th, February 15th,
March 15th, April 15th, May 17th

Where: Via Zoom

Time: 4:00- 5:30pm

[Click here to register!](#)

This training is being presented by Jenny Sanchez
Mental Health Program Manager at Sullivan 180
Questions? email jsanchez@sullivan180.org



Healthy
New Year!

SNAP-ED NEW YORK PRESENTS:

Eat Better & Move More in the New Year

Make Every Bite Count!
Learn how small changes can make a big difference.

1/12, 1/19 & 1/26

12:30 - 1:30 PM

CLICK [HERE](#) TO REGISTER OR
HOVER YOUR PHONE'S CAMERA
OVER THE QR CODE



Questions? Contact Bee at
bem77@cornell.edu

Cornell Cooperative Extension
SNAP-Ed New York, Hudson Valley Region



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider. Cornell Cooperative Extension is an equal opportunity and affirmative action organization for serving ALL people, regardless of race, ethnicity, sex, age, disability, and individuals with household and production-based program and employment responsibilities.

Free CAP COM Federal Credit Union Financial Webinar Series

Why Invest?

Many Americans participate in the stock market to help build wealth. Learn about stocks and bonds and get to know the basic concepts of investing. Attend this webinar to learn,

- Types of investments
- Goals and timeframe
- Managing risk



January 26, 2021 at 12:00pm

[Click here](#) to register!

Money Matters

An informative discussion on how to develop financial confidence and build financial knowledge as you prepare for various life milestones.

Attend this webinar to learn,

- What is a credit union?
- Understanding our credit score
- Student loan debt
- Car Buying
- Saving/ Retirement

February 19, 2021 at 12:00pm

[Click here](#) to register!

Saving for College: 529 Plans

Attend this webinar to learn how to afford the rising costs of college.

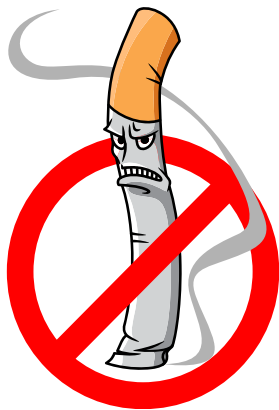
March 19, 2021 at 12:00pm

[Click here](#) to register!

KICK THE HABIT!



SUNY Sullivan is a Tobacco & Vape Free Campus! Stop by the Health Services office or email Nurse Jones at pjones@sunysullivan.edu to get a free "quit kit" and information on smoking cessation!



Smoking impacts your physical wellness. It is the leading cause of preventable death. It leads to disease and disability and harms nearly every organ system of the body.

If you are a smoker and looking to improve your physical wellness, now is the time to quit!

Download the QuitNow app to help get started!

Free Smoking Cessation Classes for SUNY Sullivan Staff & Students! Contact Nurse Jones if you're interested at healthservices@sunysullivan.edu!

LET'S GET COOKING WITH HAILEY!

HEALTHY SEASONAL RECIPES

ROASTED VEGETABLE WINTER SALAD



If healthy eating is one of your New Year resolutions than this recipe may be just for you! It is from the blog Hungry, Healthy, Happy.

Ingredients:

Roasted Vegetables

- 1 Red Onion
- 1 Small Butternut Squash
- 10 Baby Potatoes
- 2 Carrots
- 2 Parsnips
- 1 Tablespoon Olive Oil
- 1 Pinch of Sea Salt



Lettuce:

- 4 Handfuls of Watercress/ Arugula salad mix

Salad Dressing:

- 1 tbs Olive Oil
- 2 tbs Balsamic Vinegar
- Finely chopped 2 tbs of each, Fresh Basil, Coriander and Parsley
- 1 pinch of Sea Salt
- 1/4 cup Light Feta



Instructions:

1. Chop all of the vegetables so they are fairly chunky. Put them in a bowl with 1tbs of olive oil and some sea salt and pepper; mix well. Put in a preheated oven at 400 degrees for 35-40 minutes.
2. Make the salad dressing by mixing together the olive oil, balsamic vinegar, salt and pepper and herbs.
3. Top the Watercress/Arugula salad mix with the roasted vegetables. Drizzle with dressing and top with crumbled feta cheese!

Notes:

- You can also add broccoli or cauliflower to your roasted veggies
- This recipe can be made vegan by omitting the feta or by using a vegan cheese.
- You can also add grilled chicken or grilled salmon to break up the density of the veggies. Chickpeas are a good protein packed vegan alternative!



JOIN OUR COMMITTEE!!

We are always looking for members to join our committee!! Students and employees are welcome!

If you are interested in helping us expand our wellness program and offerings, email us at wellness@sunysullivan.edu!!

If you have ideas or suggestions we want to hear from you!