



SUNY SULLIVAN

# WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

DECEMBER 2020

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

# Purpose

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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 **Emotional Wellness!**





# EMOTIONAL WELLNESS

Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is an aspect of wellness that truly focuses on putting yourself first.

Emotional health is important to your overall health. It helps you to be in control of your thoughts, feelings and behavior which helps with the ability to cope with life's challenges.

Being able to manage our emotions helps us to lead more optimistic lives. Here are some ways to help improve or maintain good emotional health:

- **Be aware of your emotions and reactions-** Notice what in your life makes you sad, frustrated or angry and try to address or change those things.
- **Express your feelings in appropriate ways-** Let people close to you know when something is bothering you.
- **Think before you act-** Give yourself time to think and be calm before you say or do something you might regret.
- **Strive for balance-** Find a healthy balance between work and play and between activity and rest. Focus on positive things in your life.
- **Take care of your physical health-** Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Keep your physical health from affecting your emotional health.
- **Connect more with others-** Now more than ever it's important to find ways to stay connected. Schedule a family or friends weekly zoom, meet a friend outside for a safe socially distanced walk, write a hand written card or letter to a friend.
- **Find purpose and meaning-** Figure out what's important to you in life, and focus on that. This could be your work, your family or volunteering.
- **STAY POSITIVE!** Focus on the good things in your life. Forgive yourself for making mistakes and forgive others.

[Resource: Mental Health: Keeping Your Emotional Health](#)

Check out this great [Emotional Wellness Blog](#) for more helpful tips!!

# Emotional Wellness

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Stress sometimes gets in our way of accomplishing this. These five apps are based in science and technology. They can be useful in helping us with everyday well-being and help us manage routine stress. But please remember, these apps are not meant to be a substitution for the guidance of a licensed mental health provider. Try one (or more) today!



Headspace has a series of guided and unguided meditations, and other content to listen in your own time and at your own pace. New to the science of meditation? Try this app out, you won't be bored!

With over 4.5 million users, Insight Timer is a hugely popular meditation app, with over 9,800 free meditations from over 2,000 teachers, in over 25 languages. Looking to have some company? This app allows you to join groups as they are meditating, so you remove that sense of isolation that can accompany working or going to school from home.



Calm was voted App of the Year in 2017 and still remains one of the most popular apps available. Not only does it include many 10 minute meditations, it has some great 3-minute sleep stories, and other content for mindfulness. The Breathe Bubble is a relaxing bubble when you have only 3 minutes to spare.



Did you know coloring can create a feeling of flow that is associated with a meditative state? Colorfy is based in the science of creativity and is beautiful. Just looking at the lovely colors will put a smile on your face. Paint from pre-loaded templates or even create your own design!



Your first step in Aura is to answer a set of initial questions to assess your current mood. Your responses will then be used to deliver 3-minute guided meditations everyday. The app encourages you to write down what you are most grateful for, which inspires positivity and optimism. You'll notice the color blue is used as a background because per color psychology (yes, that's a thing), blue creates a sense of calm.

# Guided Imagery

Guided Imagery, as defined by the Cleveland Clinic/Wellness and Preventative Medicine, is a form of focused relaxation that helps create harmony between the mind and the body. It is a way of focusing your imagination to create calm, peaceful images in your mind, thereby, providing a "mental escape".

Melissa Eisler from Mindful Minutes June 1, 2018 provides us with several Visualization Techniques, which are relaxation strategies:

## Serene Beach Scene Techniques

When to use it: Anytime you feel anxious, uncertain or afraid

- o Visualize yourself lying on a white sandy beach, complete with clear blue skies and gently lapping waves
- o Imagine your body sinking into the sand and feel the warmth of the sand on your feet. Now, let go of any tension, soften your eyes, and continue to breathe with the rhythm of the rolling waves



## Ball of Yarn Technique

When to use it: When you're unable to unwind after a stressful work day

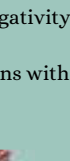
- o Picture a small ball of yarn holding all of the residual tension from the day
- o Find the tip of the yarn and imagine it slowly unrolling
- o The strand gets longer and longer, and you can actually feel your tension unwinding
- o When the yarn is completely loose, you can relax and enjoy the night



## Let Your Stresses Float Away

When to use it: When you feel anxious

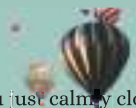
- o Visualize a hot air balloon and imagine that you are putting all your stress and negativity into the balloon
- o Then watch it gently float away into the distance, taking your worries and concerns with it



## Double Panel Window Technique

When to use it: When anxious thoughts are keeping you awake

- o Picture a bunch of people chatting loudly outside your window
- o Instead of yelling at them, since you have a double panel window, you just calmly close it
- o Imagine that the chatting is silenced when the window is fully closed, and you can drift off to sleep without background conversation



# The Benefits of Drawing by Danny Gregory

As someone who knows the positive effects drawing can bring to anyone's life, I'd like to share some reasons drawing is a great activity to promote relaxation and help you lead a happier life.



## 1. You'll reconnect with your playful spirit.

Many people drew and painted as kids, without worrying about talent or the quality of the final product. Reconnecting with that playful creative spirit is relaxing and liberating. Even if you haven't drawn since you were six, a few minutes a day drawing simple things around you can unleash a playful energy that can fill your whole day.

## 2. You'll amaze yourself.

Drawing isn't a mysterious matter of God-given talent. It just takes a few minutes of practice each day to make new connections in your brain and your body. I've discovered that keeping an illustrated journal helps me develop a creative habit that jump starts my drawing skills. And as your sketchbook fills with beautiful drawings, you become proud and eager to keep going.

## 3. You'll be able to control time.

Making art stops time. When you draw or paint what's around you, you focus and see it for what it is. Instead of living in a virtual world, you'll be present. Instead of all the things whirring in your head, you will be able to stop, to clear your mind, to take a deep breath and just be. You don't need a mantra or a guru. Or an app. Just a pen.

## 4. You'll tell your story.

Life is just a long succession of small epiphanies. You need to stop and seize them. By drawing the everyday things you encounter, you'll be making a record of what you're living through and what you are learning. A drawing and a sentence or two in a sketchbook turns those everyday moments into something significant. Over time, you'll build up a book of memories — a true record of what's important in your life.





## **5. You'll fight perfectionism.**

Many people are tempted to avoid doing things they can't do well. But creativity is all about taking risks and doing new things — things that may not turn out exactly as we'd planned. Drawing can help you avoid the limitations of perfectionism and learn to roll with the punches. You learn to see "mistakes" as lessons and opportunities for improvisation. Often a wonky line or a splatter of ink can turn a sketch into an expressive work of art. Learn to let go, play and discover.

## **6. You'll reconnect with your inner child.**

Draw with a child, and draw with crayons, tempera, pastels and finger paints. Interact with your drawing partner. Take requests. Tell a story and illustrate it as you go. Ask your kid to draw a crazy line and you add to it to make an elephant or a choo-choo or a ham sandwich. Scribble. Splatter. Play. For a few minutes, let it go and be a child.

## **7. You'll realize the world isn't perfect.**

But it's beautiful. And the most beautiful things have character and experience built into them. There's a lot to learn and appreciate in a chipped mug, a half-eaten apple, the tiny lines in the leather of your dashboard. Making art will show you how much you already have. Your real treasures. A brand-new Maserati is a lot less beautiful to draw than a rusty old pickup.

## **8. You'll create memories.**

When you draw, you enhance your memory. By slowing down and observing carefully, you create deeper and more vivid records of everything that surrounds you. Make drawing a habit, and your ability to summon up the past and enjoy it once again will grow by leaps and bounds.

## **9. You'll get rid of boredom.**

You will never be bored or waste time again. Every day is full of those moments between activities. Waiting in the doctor's office, watching mindless TV. Instead of reading tweets on your phone, you'll make a piece of art. Every minute of your day counts. Make it worthwhile.

## **10. You'll share your art.**

At my drawing school, we encourage students to post their work online. At first that can seem daunting, trotting out your work for strangers to comment on. But if you find a supportive and encouraging community, your incentive to draw grows. And the connections you form with others on the same journey of discovery are deep and profound. Draw with your friends. Draw your friends. Share your sketchbook and the stories of your life. What could be more beautiful?

*Pause Every Day*

# Serenity Bingo

Feeling the weight of the holidays, end of the semester, COVID19? Stress getting to you? Play Serenity Bingo!

The goal is to complete at least 5 activities on the Serenity Bingo Board. Be sure to reward yourself for completing a row; either horizontal, vertical, or diagonal.

Wake up early	Do 5 minutes of stretching	Bake for a neighbor	Speak honestly	Do a random act of kindness
Take a scenic drive	Engage in deep breathing when feeling stressed	Set a daily intention	Take a warm bath	Compliment someone
Take a walk for 15 minutes	Listen to music	FREE SPACE	Write your thoughts	Take a break from technology
Show appreciation	Take time each day to reflect	Send a card or letter to someone	Schedule and implement quiet time	Phone a friend
Be in the moment	Play with your pet	List your blessings	Declutter one space	Get 8 hours of sleep



# A MESSAGE FROM HUMAN RESOURCES

SUNY Sullivan is committed to promoting emotional wellness and mental health as a critical part of overall wellness. The prevalence of mental illness among adults is increasing. Even before COVID, 19% of adults experienced a mental illness.

## **Understanding What Mental Illness Is:**

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities.

## **How can a supervisor create a more mental-health and wellness focused workplace?**

- Weekly check-ins between supervisors and their direct reports. Ask your direct reports, "On a scale of one to five, how did you feel at work this week?" Create enough psychological safety, trust and an openness to vulnerability that your direct reports will feel comfortable that if they are having a two out of five week, it can be okay to share that with you and explain their reasoning.
- Create a recognition feature among your department/division so that your employees can highlight their peers, express gratitude and show appreciation to someone for how they may have impacted their day or a project that went really well.

## **How can supervisors support employees working onsite during COVID19?**

Employees working on campus will have different needs than those working remotely. Those on campus may have worries about being infected by co-workers, students, or vendors. Support these employees and communicate with them regularly about the safety precautions SUNY Sullivan is taking and encouraging employees and students to take as well. Ensure the employees who are feeling ill stay home.

## **How can supervisors support employees working remotely during COVID19?**

Employees working remotely may have different concerns. Many may not have experience working remotely—or may not be comfortable with it. Some may be dealing with caring for children or others who also are at home. Feelings of isolation can also be common.

To support employees at home, encourage them to go outside for a walk or to take lunch in another room to get a mental break during the day. Another good reminder for employees is to take care of their physical health by drinking a lot of water and eating healthy foods, which can reduce stress and keep employees mentally alert during the workday. In addition, keep in mind SUNY Sullivan's COVID19 Flextime Policy is available to all employees.

Most importantly, during these exceptionally stressful times, keep the lines of communication open and remember to remind your direct reports the resources they have available to them. We are truly all in this together.



## RESOURCES AVAILABLE TO SUNY SULLIVAN EMPLOYEES

- NYSHIP MENTAL HEALTH SERVICES  
1-877-769-7447, PRESS OR SAY 3
- DISASTER DISTRESS HELPLINE-  
CALL 1-800-985-5990 OR TEXT  
TALKWITHUS TO 66746
- SAMHSA'S NATIONAL HELPLINE-  
1-800-662-HELP
- [CDC.GOV/CORONAVIRUS/2019-  
NCOV/DAILY-LIFE-COPING/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html)
- THE NATIONAL ALLIANCE ON MENTAL  
ILLNESS- 1-800-950-6264
- SUNY SULLIVAN'S HUMAN RESOURCE  
OFFICE- 845-434-5750





## 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!!



## WALK WITH US A VIRTUAL GROUP WALK!



Join us every Wednesday at 12pm for a virtual group walk via google meets! Grab a friend or family member, walk outside or on a treadmill! Download the app on your smart phone & follow the [link!](#)



## 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](mailto:mcaycho@sunysullivan.edu) to join!

## LET'S MOVE!

### 2 MILE WALK AROUND CAMPUS

Join us on campus for a socially distanced, mask-free, 2 mile walk on Thursdays at 1pm until December 17th, led by Dave Pollack. Meet in the front of campus outside of the E building!



## LET'S GET GARDENING!

### COMMUNITY GARDEN

Gardening is great for your physical and mental health!!

Join Kathy Scullion in the Community Garden & Hope Farm!



Learn about the fruits and vegetables being grown and how you can plant your own. Ask questions, help harvest and weed or simply enjoy the fresh air and views!!

Thursdays at 2pm until December 17th

Email [kscullion@sunysullivan.edu](mailto:kscullion@sunysullivan.edu) with questions

**\*Masks are required**

**Gardening is a weather permitting activity!**





# SELF CARE SERIES

## WITH THE LEARNING COMMONS

### Time Out From Your Studies & Your Worries & Tune In To Taking Care of You

WEEKLY  
WEDNESDAY  
30 MINUTE SELF  
CARE SESSIONS

12 - 12:30 PM

#### Week #1 Guided Imagery (9/30)

Learn how to access your happy place

#### Week #2 The Animal Connection

(10/7)

How animals enhance our lives

#### Week#3 Journaling (10/14)

Discover techniques to utilize this powerful self-care tool

#### Week#4 Yes I Can (10/21)

Learn how you can change those negative self-defeating thoughts into positive Yes I Can ones

#### Week#5 Stressed spelled backwards is desserts (10/28)

Have an opportunity to practice various stress reduction techniques

#### Week#6 Music (11/4)

Speaks to how music has the power to soothe the soul

#### Week#7 Anger (11/11)

The misunderstood emotion...learn how to make it work for you and not against you

#### Week#8 Communication...it's a two way street (11/18)

Discover the art of communicating

#### Week#9 Drawing (12/2)

Learn how this technique may help you to express emotions that are difficult to put into words... artistic talent is not a requirement

#### Week#10 Health Benefits of Laughter (12/9)

Discover how laughter reduces stress and that's no joke

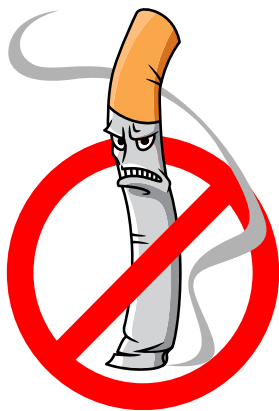
**CLICK HERE TO JOIN THE GOOGLE MEET:  
MEET.GOOGLE.COM/JFT-IQBO-THT**



# 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](mailto:pjones@sunysullivan.edu) to get a free "quit kit" and information on smoking cessation!



Smoking impacts your emotional wellness. The emotional effects of smoking are linked to Nicotine and its effect on Dopamine in the brain. Dopamine is a chemical in the brain that plays a major role in emotional responses and reward motivated behavior. If you are working to improve your emotional wellness and are a smoker, now is the perfect time to quit!!

Source: Emotional Effects of Smoking  
Click here for another great resource about smoking and its impact on emotional wellness.



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



LET'S GET COOKING  
WITH HAILEY!

HEALTHY SEASONAL RECIPES

## CREAMY VEGETABLE SOUP

This month I found a recipe from "Feel Good Foodie". It is easy to make, healthy and vegan/vegetarian!

### Ingredients:

- 3 Tablespoons extra-virgin olive oil
- 1 Medium onion, diced
- 2 Celery stalks, sliced
- 2 Large carrots, sliced
- Salt and pepper to taste
- 4 Yukon Gold potatoes, diced
- 1 teaspoon dried thyme
- 2 Garlic cloves minced
- 3 cups low-sodium vegetable broth
- 2 cups frozen peas
- 2 cups frozen corn
- 2 cups plant-based milk
- Fresh parsley for serving





## Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the onions, celery and carrots to the pot. Season with salt and pepper. Cook, stirring occasionally until vegetables start to soften, about 5 minutes.
2. Stir in the chopped potatoes, thyme and garlic and cook until fragrant, about 1 minute. Add the vegetable broth. Bring the mixture to a boil, and then simmer until the vegetables soften, about 20 minutes.
3. Use an immersion blender to lightly blend the soup so it is thicker, but still chunky. You can remove some of the vegetables and set to the side before blending to stir back in later if you like your vegetables whole.
4. Stir in the peas, corn and milk, and simmer until the vegetables are warmed through and soup has thickened, about 5 minutes.
5. Serve with fresh parsley and crusty bread, if desired.
6. Store leftovers in an air-tight container, for up to 4 days in the fridge.

\*If you do not need or want the soup to be vegan/vegetarian, you can use chicken broth in substitute for vegetable broth. You can also use regular milk in place of plant based if that is not a concern.\*



An aerial photograph of a college campus. In the foreground, there is a large, modern building with a flat roof and several skylights. To the left of the building is a parking lot with several cars. Behind the building is a large, open green field, possibly a sports field or a garden. In the background, there are more trees and a body of water. The text is overlaid on the image.

# 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](mailto:wellness@sunysullivan.edu)!!

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